

GCSE Spanish Theme 2 – Unit 6.2: Healthy Living

◦ eating habits ◦ expressions with tener ◦ using negative words ◦ giving advice using hay que, deber and tener que ◦ recognizing different tenses ◦

KEY VOCABULARY – Top 20	
Spanish	English
salud)	health
sano)	healthy
saludable	healthily
malsano	unhealthy
bueno/malo para la salud	good/bad for your health
vegetariano	vegetarian
comer bien	eat well
la grasa	fat (in food)
las verduras	vegetables
muslmán	muslim
acostarse	to go to bed
evitar	to avoid
las bebidas azucaradas	sugary drinks
la comida basura	junk food
la carne	meat
estresante	stressful
tener hambre	to be hungry
tener sed	to be thirsty
el ejercicio físico	physical exercise
dolor de cabeza	headache

Present Tense	Preterite tense	Immediate Future tense	Imperfect tense
<i>Como</i> I eat	<i>Comí</i> I ate	<i>Voy a comer</i> I'm going to eat	<i>Comía</i> I used to eat
<i>Bebo</i> I drink	<i>Bebí</i> I drank	<i>Voy a beber</i> I'm going to drink	<i>Bebía</i> I used to drink
<i>Hago</i> I do	<i>Hice</i> I did	<i>Voy a hacer</i> I'm going to do	<i>Hacía</i> I used to do
<i>Juego</i> I play	<i>Jugué</i> I played	<i>Voy a jugar</i> I'm going to play	<i>Jugaba</i> I used to play
<i>Fumo</i> I smoke	<i>Fumé</i> I smoked	<i>Voy a fumar</i> I'm going to smoke	<i>Fumaba</i> I used to smoke
<i>Llevo</i> I lead	<i>Llevé</i> I lead	<i>Voy a llevar</i> I'm going to lead	<i>Llevaba</i> I used to lead

Useful phrases

Me apetece
No me apetece
Trato de + inf
Intento+inf
Me importa+inf
Es mejor+INF...que
Es peor+INF-que
Debería+INF

I fancy/ feel like
I don't fancy/feel like
I try to
I try to
It matters to me
it is better to...than to..
It is worse to...than to
I should...

Adverbs of frequency

afortunadamente	fortunately
desafortunadamente	unfortunately
a menudo	often
generalmente	generally
de vez en cuando	occasionally
normalmente	normally
todos los días	every day
rara vez	rarely
siempre	always

Reasons

porque:because
ya que:since
dado que;given that
es:it is
sano healthy
más sano:healthier
sabroso:tasty
malsano:unhealthy

Giving advice

Hay que/se debe + INF	you must
No se debe +INF	you must not
comer bien	eat well
dormir ocho horas	sleep 8 hours
emborracharse	get drunk
evitar el estrés	avoid fatty foods
acostarse tarde	go to bed late
fumar	smoke
hacer ejercicio	do exercise
corer	run
ir al gimnasio	go to the gym

Using IMPERFECT and PRESENT tense together

IMPERFECT

<i>Cuando era joven</i>	<i>When I was younger</i>
<i>Comía</i>	<i>I used to eat</i>
<i>Bebía</i>	<i>I used to drink</i>
<i>Jugaba</i>	<i>I played</i>
<i>Hacía</i>	<i>I used to do</i>

PRESENT

<i>pero ahora</i>	<i>but now...</i>
<i>como</i>	<i>I eat</i>
<i>bebo</i>	<i>I drink</i>
<i>juego</i>	<i>I play</i>
<i>hago</i>	<i>I do</i>

Unit 6.2 Healthy and unhealthy living

Expressions with tener

In these key expressions, Spanish uses the verb **tener** ('to have') where English uses the verb 'to be':

tener (mucho) hambre – to be (very) hungry
tener (mucho) sed – to be (very) thirsty
tener (mucho) calor – to be (very) hot
tener (mucho) frío – to be (very) cold
tener (mucho) sueño – to be (very) sleepy
tener (mucho) suerte – to be (very) lucky
tener (mucho) miedo – to be (very) frightened
tener (mucho) éxito – to be (very) successful
tener (mucho) prisa – to be in a (great) hurry
tener razón – to be right
tener x años – to be x years old

Note also that in these expressions the word for 'very' is not *muy* but *mucho/a*.

Negative words

Nunca como carne: I never eat meat
 No como nunca carne
 No me gusta ni la carne ni los mariscos: I like neither meat nor fish
 Tampoco me gusta el atún: I don't like tuna either

nada: nothing, anything

nadie: nobody, anybody

nunca: never

ningún/ninguna/ninguno; none, not any

ni...ni: neither...nor

tampoco: either