

# SUBJECT:

## UNIT:

Español - Spanish

C) En forma – healthy lifestyles y9 Spring 1

SANDHILL VIEW

Est. 1953



ACHIEVE · ASPIRE · ENJOY

●	<b>¿Llevas una dieta sana?</b> Do you have a healthy diet?
●	<b>Llevo una dieta (bastante) sana.</b> I have (quite) a healthy diet.
●	<b>¿Qué comes?</b> What do you eat?
●	<b>Como...</b> I eat...
●	<b>caramelos</b> sweets
●	<b>fruta</b> fruit
●	<b>galletas</b> biscuits
●	<b>pan</b> bread
●	<b>pescado</b> fish
●	<b>pasta</b> pasta
●	<b>pasteles</b> cakes
●	<b>verduras</b> vegetables
●	<b>¿Qué bebes?</b> What do you drink?
●	<b>Bebo...</b> I drink...
●	<b>agua</b> water
●	<b>café</b> coffee
●	<b>leche</b> milk
●	<b>todos los días</b> every day
●	<b>a menudo</b> often
●	<b>a veces</b> sometimes
●	<b>tres veces al día</b> three times a day
●	<b>una vez a la semana</b> once a week

●	<b>Es sano / sana.</b> It's healthy.
●	<b>Son sanos / sanas.</b> They are healthy.
●	<b>Es rico / rica.</b> It's delicious.
●	<b>Es asqueroso / asquerosa.</b> It's disgusting.
●	<b>Soy vegetariano / vegetariana.</b> I am a vegetarian.
●	<b>Soy alérgico / alérgica.</b> I am allergic.
●	<b>Soy musulmán / musulmana.</b> I am a Muslim.

●	<b>¿Qué haces para estar en forma?</b> What do you do to keep fit?
●	<b>Juego al baloncesto.</b> I play basketball.
●	<b>Juego al fútbol.</b> I play football.
●	<b>Juego a la pelota vasca.</b> I play pelota.
●	<b>Juego al rugby.</b> I play rugby.
●	<b>Juego al tenis.</b> I play tennis.
●	<b>Hago artes marciales.</b> I do martial arts.
●	<b>Hago atletismo.</b> I do athletics.
●	<b>Hago baile.</b> I do dance.
●	<b>Hago footing.</b> I go jogging.
●	<b>Hago gimnasia.</b> I do gymnastics.
●	<b>Hago natación.</b> I go swimming.
●	<b>Juego al rugby los martes.</b> I play rugby on Tuesdays.

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Describe tu rutina diaria Describe your daily routine
<b>Me despierto.</b> I wake up.
<b>Me levanto (enseguida).</b> I get up (straight away).
<b>Me lavo los dientes.</b> I brush my teeth.
<b>Me ducho.</b> I shower.
<b>Me visto.</b> I get dressed.
<b>Me acuesto.</b> I go to bed.
<b>Desayuno.</b> I have breakfast.
<b>Ceno.</b> I have dinner.
<b>Voy a la piscina.</b> I go to the swimming pool.
<b>Voy al trabajo.</b> I go to work.
<b>Voy al gimnasio.</b> I go to the gym.
<b>Entreno.</b> I exercise / train.

<b>¿Qué te duele?</b> What hurts (you)?
<b>Me duele el brazo.</b> My arm hurts.
<b>Me duele el estómago.</b> My stomach hurts.
<b>Me duele el pie.</b> My foot hurts.
<b>Me duele la cabeza.</b> My head hurts.
<b>Me duele la espalda.</b> My back hurts.
<b>Me duele la garganta.</b> My throat hurts.
<b>Me duele la pierna.</b> My leg hurts.
<b>Me duelen los dientes.</b> My teeth hurt.
<b>Me duelen los oídos.</b> My ears hurt.
<b>Me duelen los ojos.</b> My eyes hurt.
<b>¿Qué tal estás?</b> How are you?
<b>Estoy cansado / cansada.</b> I am tired.
<b>Estoy enfermo / enferma.</b> I am ill.
<b>Tengo catarro.</b> I have a cold.
<b>Tengo tos.</b> I have a cough.

