

# La salud – Health

## KNOWLEDGE ORGANISER

### 1. Rationale

This topic gives you an introduction to the topic of Health in the Spanish language by teaching you vocabulary that you can use to describe your eating and exercise habits while allowing you to consider what you need to do to be healthy in life and know how to describe this in Spanish. You will learn key phrases that can be used in the topic of Health and are transferrable to many other scenarios in Spanish. This will enable you to use key high frequency verbs and opinion structures that will be needed throughout all topics throughout KS3 and KS4.

### 2. Key grammar

1.	<b><u>Dolerse</u></b>	<b><u>To be hurt</u></b>
2.	Me duele	I hurt (singular)
3.	Me duelen	I hurt (plural)
4.	Le duele	He/She hurts (singular)
5.	Le duelen	He/She hurts (plural)
6.	<b><u>Sentirse</u></b>	<b><u>To feel</u></b>
7.	Me siento	I feel
8.	Le siente	He/She feels
9.	<b><u>Estar</u></b>	<b><u>To be</u></b>
10.	Estoy	I am
11.	Estás	You are
12.	Está	He/She is / You are (formal)
13.	Estamos	We are
14.	Estáis	You (plural) are
15.	Están	They are / You are (formal and plural)
16.	<b><u>Tener</u></b>	<b><u>To have</u></b>
17.	Tengo	I have
18.	Tienes	You have
19.	Tiene	He/She has / You have (formal)
20.	Tenemos	We have
21.	Tenéis	You (plural) have
22.	Tienen	They have / You have (formal and plural)
23.	Querer	To want
24.	Quiero	I want
25.	Quieres	You want
26.	Quiere	He/She want / You want (formal)
27.	Queremos	We want
28.	Queréis	You (plural) want
29.	Quieren	They want / You want (formal and plural)
30.	<b><u>The definite article – The</u></b>	<b><u>The indefinite article – A / An / Some</u></b>
31.	el – masculine	Un – masculine
32.	la – feminine	Una – feminine
33.	Los/las – plural (m/f)	Unos – Some

### 3. Key vocabulary

1.	¿Cuál es el problema?	What is the problem?
2.	Me duele el estómago	I have stomach ache
3.	Me duele el brazo	I have a sore arm
4.	Me duele el dedo	I have a sore finger
5.	Me duele el pie	I have a sore foot
6.	Me duele el hombro	I have a sore shoulder
7.	Me duele la cabeza	I have a head ache

8.	Me duele la garganta	I have a sore throat
9.	Me duele la pierna	I have a sort leg
10.	Me duele la oreja	I have earache
11.	Me duele la espalda	I have a sore back
12.	Me duelen los dientes	I have teethache
13.	Me duelen los pies	I have sore feet
14.	Me siento enfermo/a	I feel ill
15.	Me siento mal	I feel bad
16.	Estoy cansado/a	I am tired
17.	No estoy bien	I am not well/good
18.	Tengo frío	I am cold
19.	Tengo calor	I am hot
20.	Tengo sed	I am thirsty
21.	Tengo fiebre	I have a fever
22.	Tengo gripe	I have the flu
23.	Tengo un resfriado	I have a cold
24.	Desde hace cuánto tiempo?	How long for?
25.	Desde un día	For a day
26.	Desde dos días	For two days
27.	Desde una semana	For a week
28.	Desde un mes	For a month
29.	Vaya al médico	Go to the doctor's
30.	Quédese a la cama	Stay in bed
31.	Beba agua	Drink water
32.	Tome jarabe	Take some (cough) syrup
33.	Tome aspirina	Take some aspirin
34.	Jugaba al fútbol	I was playing football
35.	Hacía boxeo	I was doing boxing
36.	Volví del instituto	I was returning from school
37.	Cuando	When
38.	Me he roto la nariz	I have broken my nose
39.	Me he cortado el dedo	I have cut my finger
40.	Me he quemado al sol	I got sunburnt
41.	Me he hecho daño en el brazo	I have hurt my arm
42.	Estoy en forma	I am healthy
43.	No estoy en forma	I am not healthy
44.	Para estar en forma	To stay healthy
45.	Afortunadamente	Fortunately
46.	Desafortunadamente	Unfortunately
47.	no fumo	I don't smoke
48.	como mucha fruta	I don't eat a lot of fruit
49.	bebo mucha agua	I drink a lot of fruit
50.	nunca bebo coca cola	I never drink coke
51.	muchas veces hago deporte	I often do sport
52.	no como bastante verduras	I don't eat enough vegetables
53.	Mi vicio es el chocolate	My weakness is chocolate
54.	Mi vicio es el alcohol	My weakness is alcohol
55.	Mi vicio es el tabaco	My weakness is tobacco
56.	Mi vicio es la coca cola	My weakness is coke
57.	El fin de semana pasado	Last weekend
58.	El mes pasado	Last month
59.	Jugué	I played
60.	Hice	I did
61.	Comí	I ate
62.	Bebí	I drank

63.	Normalmente	Normally
64.	En general	In general
65.	Juego	I play
66.	Hago	I do
67.	Como	I eat
68.	Bebo	I drink
69.	El fin de semana <i>próximo</i>	<i>Next weekend</i>
70.	La semana <i>que viene</i>	<i>Next week</i>
71.	voy a jugar	I am going to play
72.	voy a hacer	I am going to do
73.	voy a comer	I am going to eat
74.	voy a beber	I am going to drink
75.	Para estar en forma	To be healthy
76.	Para mantenerse en forma	To stay healthy
77.	se debe	you must
78.	hay que	you have to
79.	no se debe	you mustn't
80.	no hay que	you don't have to
81.	comer bien	(to) eat well
82.	comer bastante verduras / fruta	(to) eat enough vegetables / fruit
83.	beber mucha agua	(to) drink a lot of water
84.	hacer mucho ejercicio	(to) do a lot of exercise
85.	hacer deporte	(to) do sport
86.	ir al gimnasio	(to) go to the gym
87.	dormir ocho horas cada noche	(to) sleep 8 hours each night
88.	evitar el estrés	(to) avoid stress
89.	En el futuro	In the future
90.	voy a comer	I am going to eat
91.	voy a beber	I am going to drink
92.	voy a jugar	I am going to play
93.	voy a hacer	I am going to do
94.	voy a ir	I am going to go
95.	voy a evitar	I am going to avoid
96.	¿Qué quieres?	What do you want?
97.	Quiero <i>una tortilla</i>	I want <i>an omelette</i>
98.	Para desayunar	For breakfast
99.	Desayuno	For breakfast I have
100.	(Para) el desayuno	(For) breakfast
101.	Para comer	For lunch
102.	Como	For lunch I have
103.	(Para) la comida	(For) lunch
104.	Para cenar	For the evening meal
105.	Ceno	For my evening meal I have
106.	(Para) la cena	(For) the evening meal
107.	De primero	For a starter
108.	De segundo	For a main
109.	De postre	For dessert
110.	El postre	Dessert
111.	Para beber	To drink
112.	Tomo	I have (food or drink)
113.	Llevo una vida sana	I lead a healthy life
114.	Llevo una vida malsana	I lead an unhealthy life