



Y9 Spanish Unit 3

My lifestyle and wellbeing

Unit objectives : I can talk about my eating habits, how I stay healthy and what people can do to be healthy.

Vocabulary

Verb BEBER [to drink, drinking]

bebo *I drink*

bebes *you drink*

bebe *s/he drinks*

bebemos *we drink*

bebéis *you drink (pl)*

beben *they drink*

Bebo un café para el desayuno.
I drink a coffee for breakfast

Verb TOMAR [to take, taking]

tomo *I take*

tomas *you take*

toma *s/he takes*

tomamos *we take*

tomáis *you take (pl)*

toman *they take*

Toma zumo de naranja.
She takes orange juice.

Modal verbs

Modal verbs must be followed by an **infinitive verb** or a **noun**. These modal verbs are used to make requests or give advice.

Deber (must) ? debo *I must* ? se puede *You (people) must*

Poder (can) ? puedo *I can* ? se puede *you (people) can*

Debo comer verduras para ser sano.

I must eat vegetables to be healthy.

Se debe comer sano.

People must eat healthily

Wow phrases

Para estar en forma, **necesito** descansar
(In order) to be healthy, I need to rest.

Intento comer sano. *I try to eat healthily.*

Suelo acostarme demasiado tarde.
I usually go to bed too late.

Using the preterit tense to describe events in the past (singular forms)

The preterite tense is used to describe **finished actions**. This tense works the same way as the present tense, but has a different set of verb endings.

1. Choose a verb in the infinitive form
2. Remove the 2 letter ending from the infinitive
3. Select the correct ending

There are 2 sets of endings to memorise: -ar verbs and -er/ir verbs.

Verb TOMAR [to take, taking]

tomé *I took*

tomaste *You took*

tomó *s/he took*

Verb BEBER [to drink, drinking]

bebí *I drank*

bebiste *You drank*

bebió *s/he drank*

Applying negations

The following negative structures come before the verb:

nunca *never*
ya no *no longer*

Nunca como pan. *I never eat bread.*

Ya no como carne. *I no longer eat meat.*

Others sandwich the verb:

no...nada *nothing*
No como **nada** por la mañana.
I eat nothing in the morning.

Comparative structures

Comparing in Spanish is similar to English. You need to place the comparing words either side of the adjective.

más...que *more...than*
menos...que *less...than*
tan(to)...como *as...as*

El chocolate es **más** dulce **que** el queso.
Chocolate is more sugary than cheese.

El pescado es **tan** sano **como** las verduras.
Fish is as healthy as vegetables.