

Spanish Knowledge Map - Autumn 2 - Comer sano (Healthy lifestyle)

Spanish	English
la comida sana	healthy eating/lifestyle
comer	to eat
beber	to drink
como	I eat
bebo	I drink
bueno para la salud	good for (your) health
malo para la salud	bad for (your) health
Para tener una buena salud	To stay in good health I
Para tener una buena salud como	To stay in good health I eat
Para tener una buena salud	To stay in good health I
bebo	drink
Para tener una buena salud	To stay in good health
no como	I do not eat
Para tener una buena salud	To stay in good health
no bebo	I do not drink
pescado	fish
pollo	chicken
queso	cheese

Spanish	English
leche desnatada	skimmed milk
pan integral	wholemeal bread
agua	water
cereales	cereal
vegetales	vegetables
fruta fruta	fruit
nueces	nuts
carne roja	red meat
leche entera	milk
pan blanco	white bread
chocolate	chocolate
mantequilla	butter
caramelos	sweets
patatas fritas	chips
bebidas con gas	fizzy drinks

Spanish	English
galletas	biscuits
Juego al baloncesto.	I play basketball.
Paseo a mi perro.	I walk my dog.
Hago natación.	I go swimming.
Monto en bicicleta.	I go cycling.
Hago judo.	I do judo.
Juego al tenis.	I play tennis.
No veo la tele.	I do not watch television.
No juego con juegos	I do not play electronic
electrónicos.	games.
una receta	a recipe
iCortar!	Cut!
iAñadir!	Add!
iMezclar!	Mix!
iRallar!	Grate!
iCocinar!	Cookl



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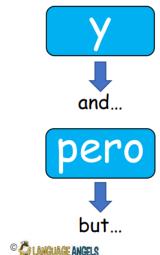
In this unit pupils will learn how to:

- Name and recognise 10 foods and drinks considered good for your health.
- Name and recognise 10 foods and drinks not considered good for your health.
- Say what activities they do to keep in shape during the week.
- Say in general what they do to maintain a healthy lifestyle.
- Learn how to make a healthy recipe in Spanish.

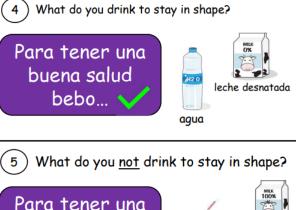








Use a conjunction.



buena salud no

bebo...



