



















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 bebo...	To stay in good health I drink...
Para tener una buena salud no como...	To stay in good health I do not eat...
Para tener una buena salud no bebo...	To stay in good health 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	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 electrónicos.	I do not play electronic games.
una receta	a recipe
 ¡Cortar!	Cut!
 ¡Añadir!	Add!
 ¡Mezclar!	Mix!
 ¡Rallar!	Grate!
 ¡Cocinar!	Cook!

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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.



1 What do you eat to stay in shape?

✓ Para tener una buena salud como... ✓



fruta



pescado



queso



nueces



cereales



pan integral



vegetales



pollo

2 What do you not eat to stay shape?

✗ Para tener una buena salud no como... ✗



patatas fritas



caramelos



chocolate



pan blanco



galletas



mantequilla



carne roja

3 Use a conjunction.

y

and...

pero

but...

4 What do you drink to stay in shape?

Para tener una buena salud bebo... ✓



agua



leche desnatada

5 What do you not drink to stay in shape?

Para tener una buena salud no bebo... ✗



bebida con gas



leche entera

6 What activities do you do to stay in shape?

Para tener una buena salud ...



juego al baloncesto



No juego con juegos electrónicos



hago natación



monto en bicicleta



hago judo



paseo a mi perro



no veo la tele



juego al tenis