



# Knowledge Organiser: Year 9 Spanish; La Salud- Health

## 1. Healthy Diet

¿Llevas una dieta sana?

Llevo una dieta sana.  
Me gusta (bastante / mucho) el pan.

Me gustan las galletas.  
No me gusta(n) (nada)... el arroz / el pan  
el pollo / el pescado  
la carne / la ensalada  
la pasta / la pizza  
los caramelos  
los huevos  
los pasteles  
las galletas  
las verduras  
Como / Comí verduras.  
Bebo / Bebí agua.

**Do you have a healthy diet?**

*I have a healthy diet.  
I (quite / really) like bread.*

*I like biscuits.  
I (really) don't like... (at all).  
rice / bread  
chicken / fish  
meat / salad  
pasta / pizza  
sweets  
eggs  
cakes  
biscuits  
vegetables  
I eat / ate vegetables.  
I drink / drank water.*

¿Con qué frecuencia comes pescado?

Lo/La/Los/Las como...  
tres veces al día  
cada día / todos los días  
dos veces a la semana  
los fines de semana  
una vez al mes  
muy a menudo  
a veces  
de vez en cuando  
(Casi) nunca lo/la/los/las como.

**How often do you eat fish?**

*I eat it/them...  
three times a day  
every day  
twice a week  
at weekends  
once a month  
very often  
sometimes  
from time to time  
I (almost) never eat it / them.*

## 3. Daily routine

¿Cuál es tu rutina diaria?

me despierto (muy temprano / a las siete)  
me levanto (enseguida)  
me lavo los dientes  
me ducho  
me visto  
me acuesto  
desayuno  
meriendo  
ceno (...)  
salgo (a correr)  
corro (veinte kilómetros)  
entreno  
voy al insti / trabajo  
Termino (a las dos)  
duermo (ocho horas)

**What is your daily routine?**

*I wake up (very early / at 7 o'clock)  
I get up (straight away)  
I brush my teeth  
I shower  
I get dressed  
I go to bed  
I have breakfast  
I have an afternoon snack  
I have (... for) dinner  
I go out (running)  
I run (twenty kilometres)  
I exercise / train  
I go to school / work  
I finish (at two o'clock)  
I sleep (for eight hours)*

## 2. Keeping Fit

¿Qué haces para estar en forma?

Me gusta mucho hacer deporte.  
Hago artes marciales.  
Hago atletismo.  
Hago footing.  
Hago gimnasia.  
Hago natación.  
Juego al baloncesto.  
Juego al ping-pong.  
Juego al tenis.  
Juego al voleibol.  
Juego a la pelota vasca.  
... en el parque / gimnasio  
Voy al polideportivo.  
Soy miembro de un club.  
Voy a clases de baile.  
Prefiero jugar al fútbol.  
Es mi deporte preferido.  
Empecé (a jugar) a los (diez) años  
Voy a empezar a (hacer)...

**What do you do to keep fit?**

*I really like doing sport.  
I do martial arts.  
I do athletics.  
I go jogging.  
I do gymnastics.  
I go swimming.  
I play basketball.  
I play table tennis.  
I play tennis.  
I play volleyball.  
I play pelota (Basque ball game).  
...in the park / gym  
I go to the sports centre.  
I belong to a club.  
I go to dance classes.  
I prefer playing football.  
It is my favourite sport.  
I started (playing)... at the age of (ten)  
I am going to start (doing)...*

## 5. Keeping in Shape

**Consejos para estar en forma**

Para estar en forma...  
Se debe...  
beber agua frecuentemente  
comer más fruta y verduras  
comer menos chocolate / caramelos  
dormir ocho horas al día  
entrenar una hora al día  
No se debe...  
beber alcohol  
beber muchos refrescos  
comer comida basura  
fumar  
Soy adicto/a al / a la / a los / a las...  
A partir de ahora, voy a...

**Advice for keeping fit / in shape**

To keep fit / in shape...  
You / One must...  
drink water frequently  
eat more fruit and vegetables  
eat less chocolate / fewer sweets  
sleep for eight hours a day  
train for one hour a day  
You / One must not...  
drink alcohol  
drink lots of soft drinks  
eat junk food  
smoke  
I am addicted to...  
From now on, I am going to...

## 6. How are you?

¿Qué tal estás?

¿Qué te duele?  
¿Te duele el estómago?  
Me duele el brazo / el estómago / el pie.  
Me duele la cabeza / la espalda / la garganta.  
Me duele la mano / la pierna.  
Me duelen los dientes.  
Me duelen los oídos.  
Me duelen los ojos.  
Tengo catarro.  
Tengo náuseas.  
Tengo quemaduras de sol.  
Tengo tos.  
Estoy cansado/a.  
Estoy enfermo/a.  
No me encuentro bien.

**How are you?**

*What hurts?  
Does your stomach hurt?  
My arm / stomach / foot hurts.  
My head / back / throat hurts.  
My hand / leg hurts.  
My teeth hurt.  
My ears hurt / I have earache.  
My eyes hurt.  
I have a cold.  
I feel sick / nauseous.  
I have sunburn.  
I have a cough.  
I'm tired.  
I'm ill.  
I don't feel well.*

Leave blank to allow students to glue.



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## How can you use knowledge organisers at home to help us?

- **Retrieval Practice:** Read over a section of the knowledge organiser, cover it up and then write down everything you can remember. Repeat until you remember everything.
- **Flash Cards:** Using the Knowledge Organisers to help on one side of a piece of paper write a question, on the other side write an answer. Ask someone to test you by asking a question and seeing if you know the answer.
- **Mind Maps:** Turn the information from the knowledge organiser into a mind map. Then reread the mind map and on a piece of paper half the size try and recreate the key phrases of the mind map from memory.
- **Sketch it:** Draw an image to represent each fact; this can be done in isolation or as part of the mind map/flash card.
- **Teach it:** Teach someone the information on your knowledge organiser, let them ask you questions and see if you know the answers.

## How will we use knowledge organisers in Spanish?

### **Vocabulary Learning Strategy 1: Look, say, cover, write, check**

Use the five steps below to learn how to spell any word

- LOOK** Look carefully at the word for at least 10 seconds
- SAY** Say the word to yourself or out loud to practise pronunciation
- COVER** Cover up the word when you feel you have learned it
- WRITE** Write the word from memory
- CHECK** Check your word against the original. Did you get it right?  
If not, what did you get wrong?

Spend time learning that bit of the word. Go through the steps again until you get it right.

Extra challenge: Spell out your work using the Spanish alphabet.

## **Learning new vocabulary**

- Make your own word games. For example, write down the Spanish words you need to learn in one column and their English translations in another. Cut them up and play a game of pairs. Say each Spanish word to yourself as you pick it up.
- Next, take your learning further. In your vocabulary lists, highlight the words you definitely know in green. Highlight the ones that you don't know in red. Work harder at learning the red words. When you think you know a red word, draw a star by it.

la mano hand

la pierna leg

el pie foot

	Date	Learning Check Score:	My Targets:
LC1			
LC2			