

¿Llevas una dieta sana?

Do you have a healthy diet?

Llevo una dieta sana = I have a healthy diet

Me gusta (n) mucho = I really like

Me gusta (n) bastante = I quite like

No me gusta (n) = I don't like

No me gusta (n) nada = I really don't like

el arroz = rice

el pan = bread

el pollo = chicken

el pescado = fish

la carne = meat

la ensalada = salad

la pasta = pasta

la pizza = pizza

los caramelos = sweets

los huevos = eggs

los pasteles = cakes

las galletas = biscuits

las verduras = vegetables

como = I eat

comí = I ate

bebo = I drink

bebí = I drank



Expressions of Frequency

tres veces al día = three times a day

cada día = each day

todos los días = every day

dos veces a la semana = twice a week

los fines de semana = at the weekends

una vez al mes = once a month

muy a menudo = very often

a veces = sometimes

de vez en cuando = from time to time

casi nunca = almost

nunca = never



¿Qué haces para estar en forma?

What do you do to keep in shape?

Me gusta mucho hacer deporte = I like to do sport

Hago artes marciales = I do martial arts

Hago atletismo = I do athletics

Hago footing = I do jogging

Hago gimnasia = I do gymnastics

Hago natación = I do swimming

Juego al baloncesto = I play basketball

Juego al ping-pong = I play table tennis

Juego al tenis = I play tennis

Juego al voleibol = I play volleyball

Juego a la pelota vasca = I play pelota

en el parque = in the park

en el gimnasio = in the gym

Voy al polideportivo = I go to the sports centre

Soy miembro de un club = I'm a member of a club

Voy a clases de baile = I go to dance classes

Prefiero jugar al fútbol = I prefer to play football

Es mi deporte preferido = it's my favourite sport



Useful Phrases

Empecé a jugar = I started to play

a los (diez) años = at the age of (ten)

Voy a empezar a jugar = I'm going to start playing

Voy a empezar a hacer = I'm going to start doing

Mi Rutina Diaria = My Daily Routine

me despierto = I wake up

temprano = early

tarde = late

a las siete = at 7.00am

me levanto = I get up

en seguida = straight away

me ducho = I have a shower

me visto = I get dressed

me acuesto = I got to bed

desayuno = I have breakfast

meriendo = I have an afternoon snack

ceno = I have dinner

salgo (a correr) = I go out (running)

corro (veinte kilometros) = I run for 20K

entreno = I train / I exercise

voy al insti = I go to school

voy al trabajo = I go to work

termino a las dos = I finish at 2.00

duerme (ocho horas) = I sleep (for 8 hours)



¿Qué tal? = How are you?

Me duele el brazo = my arm hurts

Me duele el estómago = my tummy hurts

Me duele el pie = my foot hurts

Me duele el brazo = my arm hurts

Me duele la cabeza = my head hurts

Me duele la espalda = my back hurts

Me duele la garganta = my throat hurts

Me duele la mano = my hand hurts

Me duele la pierna = my leg hurts

Me duelen los dientes = my teeth hurt

Me duelen los oídos = my ears hurt

Me duelen los ojos = my eyes hurt

Tengo catarro = I have a cold

Tengo náuseas = I feel sick / nauseous

Tengo quemaduras de sol = I have sunburn

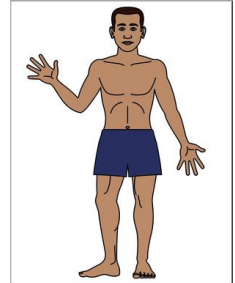
Tengo tos = I have a cough

Estoy cansado/a = I am tired

Estoy enfermo/a = I am ill

No me encuentro bien = I don't feel well

Parts of the Body



Para estar en forma = to be in shape / to keep fit

Se debe = you should

beber agua frecuentemente = drink water frequently

comer más fruta y verduras = eat more fruit and veg

comer menos chocolate = eat less chocolate

dormir ocho horas al día = sleep for 8 hours a day

entrenar una hora al día = train / exercise for an hour a day

No se debe = you shouldn't

beber alcohol = drink alcohol

beber demasiados refrescos = drink too many fizzy drinks

comer comida basura = eat junk food

fumar = smoke



Scan for more interactive resources on the Healthy Living topic

High Frequency Words

casi = almost

cada = each / every

ayer = yesterday

hace dos años = 2 years ago

el fin de semana pasado = last weekend

la próxima vez = next time