



SKILL - ¿Cómo cuidas de tu salud? (How do you look after your health?)



Always try to expand your answer fully. Include multiple-clause sentences, using **frequency words**, **connectives**, **complex structures**, **different subjects**, varied **verbs** and **tenses** - and don't forget to **check your work for accuracy!**

→ **¿Qué haces para mantenerte sano? ¿Con qué frecuencia? ¿Por qué?**
(What do you do to stay healthy? How often? Why?)

Normalmente, **intento comer de forma equilibrada... y/también... porque...**
(Normally, I try to eat in a balanced way... and/also... because...)

→ **¿Cómo eran tus hábitos cuando eras más joven?**
(How were your habits when you were younger?)

Cuando era joven, **comía... y me encantaba jugar/hacer... porque...**
(When I was younger, I ate... and I loved to play/do... because...)

→ **¿Qué vas a hacer en el futuro para cuidar de tu salud?**

(What are you going to do in the future to look after your health?)

En el futuro **me gustaría... porque.... Además, tengo la intención de hacer más... y menos...**

(In the future I would like to... because... Also, I have the intention to do more... and less...)

→ **¿Qué hábitos tienen tus amigos/familia?**

(What habits do your friends/family have?)

Cada fin de semana, **mi hermana hace... y jugamos... porque...**
(Every weekend, my sister does... and we play... because...)



Gramática - 'para' + infinitive verb

In Spanish we use the combination of **"para" + infinitive verb** to express the purpose or aim of the action. It is similar to the phrase "in order to" in English.

EXAMPLE:

Voy al gimnasio **para hacer** ejercicio
(I go to the gym **in order to** exercise)

Me levanto temprano **para mejorar** mi salud
(I wake up early **in order to** improve my health)

Did you know...



The traditional Spanish diet is famous for being very healthy. This is due to the large amounts of fresh fruit, vegetables, meat and seafood available. Also, they use lots of olive oil in their cooking which has lots of health benefits.

The tradition of having a siesta (afternoon nap) during the months with hot weather has been linked to improved focus and productivity while also being good for mental health.

The culture and way of life in Spain encourages community spirit meaning people spend more time together which improves their overall wellbeing and reduces loneliness.



2.3- HEALTH AND WELLBEING ¿CÓMO CUIDAS DE TU SALUD?



Gramática - regular preterite tense

The preterite tense in Spanish is used to talk about actions that were completed in the past.

e.g. something that happened yesterday or last year.

To form the verb you take off the ending of the infinitive verb (-ar, -er, -ir) and add the correct ending from the table below.

EXAMPLE

bailó (he danced)

bailar -ar = bail + ó = bailó

corrimos (we ran)

correr -er = corr + imos = corrimos



Ways to look after your wellbeing

Debería/me gustaría mejorar mi bienestar	I should/would like to improve my wellbeing
Es importante tener una actitud optimista	It's important to have an optimistic attitude
Tienes que ser responsable de sus acciones	You have to be responsible for your actions
Acostarse a tiempo mejora tu energía.	Going to bed on time improve your energy levels
Promover la paz mental es parte de su bienestar	Promoting peace of mind is part of your well-being.
Respirar lentamente relaja mi mente	Breathing slowly relaxes my mind
Cuidarse y descansar es esencial	To look after yourself and rest is essential
Dormirse bien mejora tu salud mental	Sleeping well improves your mental health

Subject	-ar hablar (to speak)	-er comer (to eat)	-ir vivir (to live)
(yo)	hablé	comí	viví
(tú)	hablaste	comiste	viviste
(él/ella)	habló	comió	vivió
(nosotros)	hablamos	comimos	vivimos
(vosotros)	hablasteis	comisteis	vivisteis
(ellos/ellas)	hablaron	comieron	vivieron

