Your notes

GCSE Spanish: revision notes

Healthy living and lifestyle

Contents

1. Eating and drinking
2. Exercise, sleep and wellbeing
3. Risks to health
4. Saying what you should do
5. Key terms
6. Quick questions
7. What to do next

Eating and drinking

- Para llevar una vida sana... (to lead a healthy life...) como fruta y verduras y bebo mucha agua.
- Llevo **una dieta equilibrada** (I have a balanced diet). Evito (I avoid) el azúcar, la sal, la grasa (fat), **la comida basura** (junk food) and los dulces (sweets).
- comer **sano** (to eat healthily), picar entre horas (to snack between meals), saltarse el desayuno (to skip breakfast).
- Mucho agrees with the noun: mucha fruta, muchos dulces. Demasiado means too much: demasiado azúcar.

Exercise, sleep and wellbeing

- Hago deporte tres veces a la semana (I do sport three times a week). Voy al gimnasio (I go to the gym), nado (I swim), corro (I run), monto en bici (I ride my bike).
- Duermo ocho horas cada noche (I sleep eight hours every night). Me acuesto temprano (I go to bed early).
- el estrés, estresado/a (stressed), **relajarse** (to relax), **la salud** mental (mental health), **el bienestar** (wellbeing).
- **Me duele** la cabeza / el estómago / la garganta (my head / stomach / throat hurts). Me duelen los pies (my feet hurt). Estoy enfermo/a (I'm ill).

Risks to health

- **fumar** (to smoke), el tabaco, el alcohol, **las drogas**, emborracharse (to get drunk), peligroso/a (dangerous), **dañino**/a (harmful), la adicción (addiction).
- Es malo para **la salud** (it's bad for your health). Puede causar cáncer (it can cause cancer).

- Some young people smoke porque quieren parecer mayores (because they want to look older) or por la presión de grupo (because of peer pressure).

Saying what you should do

- **Hay que** + infinitive (you must / it's necessary to): **hay que** beber agua.
- **Debería** + infinitive (I / you should): **debería** comer menos azúcar. Tengo que + infinitive (I have to).
- Voy a + infinitive (I'm going to): voy a hacer más ejercicio.
- Negatives: no fumo (I don't smoke), nunca bebo alcohol (I never drink alcohol), ya no como dulces (I don't eat sweets any more).
- Doler works like gustar: **me duele** la cabeza (one thing hurts), me duelen los pies (more than one thing hurts).

Key terms

la salud	health
sano	healthy
una dieta equilibrada	a balanced diet
evitar	to avoid
la comida basura	junk food
fumar	to smoke
las drogas	drugs
dañino	harmful
dormir	to sleep
me duele	it hurts (me)
relajarse	to relax
el bienestar	wellbeing
hay que	you must (it's necessary to)
debería	I should (you should)

Quick questions

Cover the answers and test yourself: remembering is what makes it stick.

1. What does "Para llevar una vida sana, como fruta" mean?
2. How do you say "I have a headache" in Spanish?
3. What does "la comida basura" mean?
4. What does "Debería hacer más ejercicio" mean?
5. Which word completes "No bebo ___ alcohol" to mean "I never drink alcohol"?
6. What does "fumar" mean?

Your notes

7. What does "Es malo para la salud" mean?
8. How do you say "I sleep eight hours every night" in Spanish?

Answers

1. To lead a healthy life, I eat fruit
2. Me duele la cabeza
3. junk food
4. I should do more exercise
5. nunca
6. to smoke
7. It's bad for your health
8. Duermo ocho horas cada noche

What to do next

Practise 14 questions on this topic

Try 4 exam questions, with mark schemes

Read the lesson, one step at a time

Free revision for GCSE and KS3 at lycolearn.co.uk. Some notes are for one exam board only, and say so in brackets.

Your notes