**2.U2 My Healthy Habits - Master Vocabulary**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **I can:** | **Not yet** | **With help** | **Yes** |
| 1. | Say what activities I participate in. |  |  |  |
| 2. | Ask others what activities they do to stay healthy and fit. |  |  |  |
| 3. | Ask others what they eat. |  |  |  |
| 4. | Say what I eat for breakfast and lunch. |  |  |  |
| 5. | Tell if a food is healthy. |  |  |  |
| 6. | Say what hurts. |  |  |  |
| 7. | Say what healthy habits I follow and how often. |  |  |  |
| 8. | Express empathy to one another. |  |  |  |
| 9. | Express needs. |  |  |  |

|  |  |
| --- | --- |
| **1. Say what activities I participate in.** | |
| Yo corro | I run |
| Yo juego | I play |
| Yo bailo | I dance |
| Yo practico | I practice |
| Yo camino | I walk |
| **2. Ask others what activities they do to stay healthy and fit.** | |
| ¿Qué haces? | What do you do? |
|  |  |
| **3. Ask others what they eat.** | |
| ¿Qué comes? | What do you eat? |
|  |  |
| **4. Say what I eat for breakfast and lunch.** | |
| Yo como... | I eat... |
| Para el desayuno, yo como... | For breakfast, I eat... |
| cereal | cereal |
| pan tostado | toast |
| waffles | waffles |
| donas | donuts |
| huevos | eggs |
| Para el almuerzo, yo como... | For lunch, I eat... |
| un sandwich | a sandwich |
| ensalada | salad |
| galletas | cookies |
| helado | ice cream |
| brocoli | broccoli |
| coliflor | cauliflower |
| zanahorias | carrots |
| un banano/a/guineo\* | banana |
| una naranja | orange |
| fresas | strawberries |
| \*personal vocabulary |  |
|  |  |
| **5. Tell if a food is healthy.** | |
| (no) es saludable | is (not) healthy |
|  |  |
| **6. Say what hurts.** | |
| me duele... | … hurts |
| la cabeza | head |
| el estómago | stomach |
| el diente | tooth |
| la garganta | throat |
| el dedo | finger |
| Yo tengo diente flojo. | I have a loose tooth. |
| el cuerpo | body |
| **7. Say what healthy habits I follow and how often.** | |
| me lavo los manos | I wash my hands |
| me cepillo los dientes | I brush my teeth |
| me baño | I bathe |
| Me voy a la cama | I go to bed |
| como comida saludable | I eat healthy foods |
| temprano | early |
| tardes | late |
| nunca | never |
| a veces | sometimes |
| mucho | a lot |
| siempre | always |
| **8. Express empathy to one another.** | |
| Lo Siento. | I’m sorry. |
| Salud. | Bless you. |
| Que te mejores. | I hope you feel better. |
| Perdón. | I’m sorry. |
| Con permiso | Excuse me |

|  |  |
| --- | --- |
| **9. Express needs.** | |
| Yo necesito... | I need... |
| curita | band-aid |
| kleenex | tissue |
| Yo tengo hambre. | I am hungry. |
| Yo tengo sed. | I am thirsty |
|  |  |