

Unit 2: Healthy living and lifestyle

Sections	Content	Grammar	Phonics
A : Healthy life Llevo una vida sana	<ul style="list-style-type: none"> To talk about your fitness and health routine. To describe your diet and preferences for food and drink. To say what makes a good or a bad diet. 	<ul style="list-style-type: none"> Expression using tener Questions words 	z
B: Looking after your health Cuida tu salud	<ul style="list-style-type: none"> Talking about activities you do to keep fit Talking about activities for a good mental health Reasons to keep fit and consequences (looking after your health) Illness 	<ul style="list-style-type: none"> Radical-changing verbs Al and del 	Ga/go/gu/ge/gi
C: Healthy habits Hábitos saludables	<ul style="list-style-type: none"> Eating out To talk about healthy and unhealthy habits (fast-food, cooking, smoking/vaping, drugs, alcohol, etc Giving advice. Talking about your future intentions. 	<ul style="list-style-type: none"> Tener que Deber que Near future Adjectives of nationality 	Gue/gui
D: Type of diets Tipos de dieta	<ul style="list-style-type: none"> Types of diet Spanish lifestyle 	<ul style="list-style-type: none"> Revise subject pronouns Revision of opinions Poder+ infinitive Hay que +Infinitive Querer +infinitive 	l/ll

Retrieval activities

- Talking about sports: revise hacer
- Talking about healthy habits: revise present tense/ ir
- Talking about looking after your health: reflexive verbs/ daily routine