

What I Need to Know: Y5 Spanish – Healthy Lifestyles (Comer sano)

We nurture the curiosity to learn, the courage to lead and the compassion to care.

By the end of this unit, we will be able to comment on what we do to maintain a healthy lifestyle. We will also be able to name and recognise foods and drinks that are considered good for our health as well as those that are not good for our health.



Create, Communicate & Evaluate

- Create a healthy menu or recipe for a Spanish dish



Question, Reason, Discuss & Explain

- Discuss and explain how to use key phrases for healthy and unhealthy habits
- Discuss and explain what activities we do to stay healthy



Know & Do

- Learn 10 new nouns and determiners for healthy foods and drinks
- Learn nouns and determiners for unhealthy foods and drinks
- Use the plural indefinite article -unas/unos
- Pronounce and record words with some accuracy

Vocabulary I need to know...

beber, bebo, comer, como, pollo, leche desnatada, pescado, pan integral, queso, cereals, agua, nueces vegetales, fruta, chocolate, mantequilla, bebidas con gas, carne roja, leche entera, pan blanco, patatas fritas, galletas, caramelos, ¡Cortar! ¡Añadir! ¡Mezclar! ¡Rallar! ¡Cocinar! bueno para la salud, malo para la salud, Para tener una buena salud... Para tener una buena salud como... Para tener una buena salud bebo... Juego, Hago, Paseo a mi perro, Monto en bicicleta

Opportunities to support English and maths

- Skim and scan texts to retrieve information or quotes quickly and accurately
- Summarise main ideas from more than one paragraph
- Make and justify inferences with appropriate evidence from the text
- Provide reasoned justifications for their views, quoting evidence from across a text

Curriculum Links and Enrichment Activities

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