

2016-06-23 Thursday Guadalupe and Sandra Marek Connell English notes

Work done	Health and fitness	
16/06/2016 Hmk	Topics and Health and fitness next week. pdf sent to whatsapp	
Start Next week	Topics FCE p16 customs and traditions.	
Festivals and special occasions Means of transport. Entertainment and music. ✓	Recent experiences. Fashion and money. ✓ Travel. ✓	Learning a language. Rules and regulations. Health and Fitness. ✓
Exam on the 4th of July		

I don't have time.

tranquil

[rilakst] relaxed

I have specific routines.

The rest is free time for me.

Smoke

Have you ever smoked?

Sweet dulce	[saled] salad (ensalada)	savoury (salty) salado
Salt (sal)		

To have a sweet tooth.
(to like sweet things)

Sickness

I eat take vitamin C.

iron (plancha/hierro)

Overweight (sobrepeso)

I do what is necessary to keep fit (caber/encajar).

Do you sleep well?

At what time do you go to sleep?

To suffer (sufrir) from
+object.

to dream (soñar)

≈tener ganas	
1	To be in the mood to + verb To have the desire +object.
2	To feel like verb+ing
3	To feel up for To be up for going out somewhere To be down for
4	To be game for

Medicine

When you are cold you should put on a jacket.

work to work.
get to work on foot.
To go for a walk.
work the dog.
take the dog for a walk.

Adverbs of frequency	
100%	Always
90%	Usually
80%	normally generally
70%	often frequently
50%	sometimes
30%	occasionally
10%	seldom
5%	hardly ever rarely
0%	never

During the week
in
on
at (the) weekend
during

U.S.A
U.K Gym
The cinema
Internet
Far East
beach

the flu (la gripe)

[hani] honey

I eat what I feel like.

En forma		
get fit	/bɪ fit	/keep fit
To get in shape	/bɪ in shape	/keep in shape
Ponerse	Estar	Mantenerse
unfit=not fit/unfit/ out of shape		

To walk up the stairs.

[feivrit] favourite

brand (marca)

I haven't got / don't have it near.

Cause

it causes stress.

illness (enfermedad) 1

If I am a little sick.

...how many summer holidays are.

In terms of

I have dreamed / dreamt about going

to the U.S.A.

Let me talk about.

I have a special....

On a backpacking holiday.

With items (artículo) of clothing

To be able to walk.

‡ You have to like travelling like this.

If you are going like travelling like this.

You I should would advise travelling ...

When you get to your destination.

And share experiences?

Have you ever travelled overnight (de la noche al día) by bus?

Silly (tonto)

Wrong

To last (durar)

The duration

The last (ultimo) (in the past)

the latest (el mas nuevo) (the most recent)

I have to cook for myself.

To lead (dirigir)

[pródakts] product

carefully

Sell (vender)

send (enviar)

They are sold in few places.

I was ill (enfermo).

I have the flu (la gripe).

have a cold (resfriado).

To have an illness (enfermedad).

be ill (enfermo).

To	go shopping.	
	go grocery shopping.	
	do the groceries.	
	make do the shopping.	
	go to the shops.	
	The shopping. The groceries.	

in the bed.	
on the bed.	
To go to the bed get into bed	

1	to travel (verb)	by car/plane (viajar)
2	a journey (noun)	last 2 hours (trayecto)
3	a trip (noun)	(todo de la experiencia) (viaje)
4	a holiday (noun)	(vacaciones)

Healthy (adjective)	(sano/saludable)
Healthily (adverb)	(saludablemente)
Health (adj/noun)	(salud)