

**Spanish**

# Discussing Healthy Lifestyles (Part 3/3)

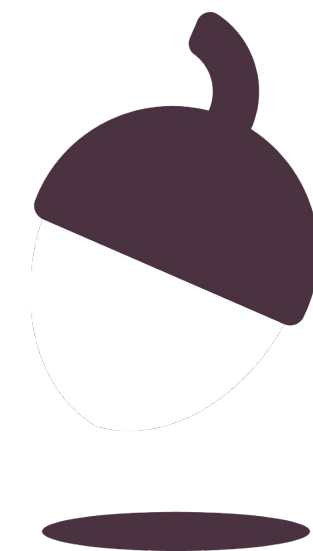
## Using three tenses together



This lesson contains references to drug and alcohol use. For some people this will be a sensitive topic. If that applies to you, you may want to do the rest of this lesson with a trusted adult nearby who can support you.

## Downloadable Resource

**Señora Stanley**



**OAK**  
NATIONAL  
ACADEMY

# La fonética [Z]



Durante mi niñez feliz

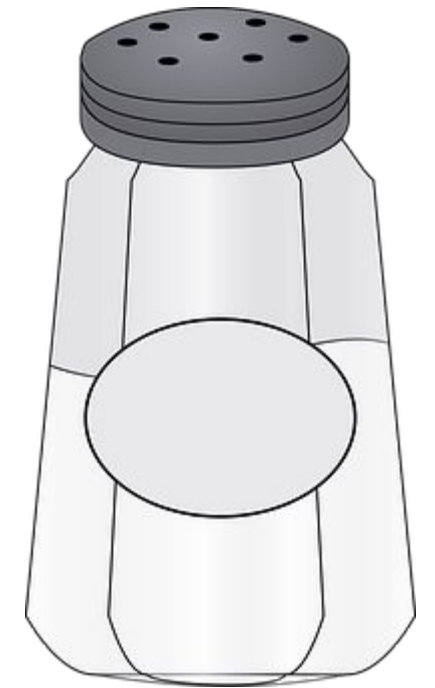
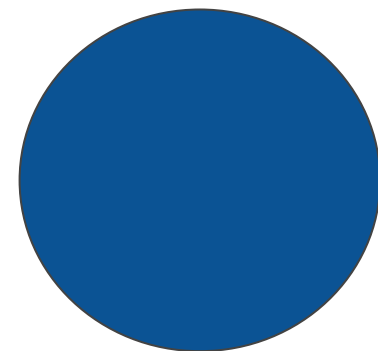
comía zanahorias

sazonadas con sal

y bebía zumo

de una taza

azul marino



emborracharse	to get drunk
los pulmones	lungs
el corazón	heart
el vicio	vice, bad habit
tomar	to take
perjudicial	damaging
peligroso	dangerous
el fracaso escolar	failure at school
engancharse	to get hooked
darse cuenta de	to realise
tener ganas de	to want to



# Combine three tenses together to increase complexity

Use **imperfect** for habitual actions in the past.

Use **preterite** for completed actions in the past.

Use **present** for what you do now.

Antes yo **bebía** mucho alcohol, pero un día **vomité** y ahora no **bebo** tanto.

Before, I **used to drink** a lot of alcohol, but one day I **vomited** and now I don't **drink** so much.



# Combine three tenses together to increase complexity

Use imperfect for habitual actions in the past.

Use preterite for completed actions in the past.

Use present for what you do now.

Un día, cuando **hablaba** con mi amigo me **dijo** que ya no **tenía** ganas de fumar. Lo bueno es que ahora él no **fuma** nunca.

One day, when I **was talking** with my friend, he **told** me that he didn't **want** to smoke any more. The good thing is that now he never **smokes**.



# Combine three tenses together to increase complexity

Use **imperfect** for habitual actions in the past.

Use **perfect tense** for what has happened.

Use **future** for what you will do.

Yo **comía** muchos dulces, sin embargo **me he dado cuenta** de que es muy malsano y por eso **comeré** más fruta en el futuro.

I **used to eat** a lot of sweets, however I **have realised** that it is very unhealthy and therefore I **will eat** more fruit in the future.



# Combine three tenses together to increase complexity

Use **preterite** for completed actions in the past.

Use **conditional** to say what would happen.

Use **present** for what happens now.

**Empecé** a fumar hace dos años y **me gustaría** fumar menos porque **estoy enganchado**.

I **started** to smoke two years ago and **I would like** to smoke less because **I am hooked**.



# Jigsaw translation



Hace un año conocí a una chica que se llama Carolina y yo empecé a emborracharme con ella. Todos los fines de semana íbamos al centro donde bebíamos cerveza y comíamos comida rápida. La verdad es que tenía miedo de engancharme. Un día decidí llevar una vida más sana y por eso dejé de salir con ella. Ahora no suelo emborracharme e intento comer bien. He empezado a hacer footing y en unos meses participaré en una carrera.

A year ago I met a girl who is called Carolina and I began to get drunk with her. Every weekend we used to go to the town centre, where we drank beer and ate fast food. The truth is that I was frightened of getting hooked. On day I decided to have a healthier life and therefore I stopped going out with her. Now I don't tend to get drunk and I try to eat well. I have started to go jogging and in a few months I will take part in a race.





# Summary

1 If you use the phrases *todos los días* or *antes* to refer to the past, the verb should be in the \_\_\_\_\_.

2 If you use the phrases *un día* or *hace una semana* the verb should be in the \_\_\_\_\_.

3 To say what you have done, use the \_\_\_\_\_ tense.

4 *En seis meses* means \_\_\_\_\_

5 *El fracaso escolar* means \_\_\_\_\_

