MFL Satchel • GCSE Spanish

Food and cultural variety

¡Qué rico!

How delicious!

Módulo 4
Mi estilo de vida
Zona de cultura

Higher Tier
Dishes, drinks and cultural variety



Knowledge organiser: food and cultural variety

Spanish in navy · English in purple

Meals and times

el desayuno = breakfast
la comida / el almuerzo = lunch
la merienda = afternoon snack
la cena = dinner / evening meal
a las ocho = at eight o'clock
a las cinco y media = at half past five
después de comer = after eating

Countries and nationality adjectives

España: español / española = Spanish
México: mexicano/a = Mexican
Perú: peruano/a = Peruvian
Chile: chileno/a = Chilean
Argentina: argentino/a = Argentinian
Cuba: cubano/a = Cuban
un plato / una bebida = a dish / a drink

Ingredients and descriptions

arroz / maíz = rice / maize (corn)
carne / pescado = meat / fish
verdura / queso = vegetables / cheese
agua / azúcar / canela = water / sugar / cinnamon
caliente / frío/a = hot / cold
rico/a / fresco/a = delicious / fresh
hecho/a con… = made with…

Preferences and cultural language

me gustaría probar… = I would like to try…
parece rico / parecen ricos = it looks / they look tasty
suena bien / suenan bien = it sounds / they sound good
consiste en… = it consists of…
¡Buen provecho! = Enjoy your meal!
¡A comer! = Time to eat!
la diversidad cultural = cultural diversity

Food explorer: Spain and Mexico

Use the descriptions to identify a dish or drink.

Examples associated with Spain

La paella es un plato de arroz. = Paella is a rice dish.
La paella valenciana puede llevar pollo y conejo. = Valencian paella can include chicken and rabbit.
Los churros se pueden tomar con chocolate caliente. = Churros can be eaten with hot chocolate.
La horchata valenciana se hace con chufas. = Valencian horchata is made with tiger nuts.

Examples associated with Mexico

Los chilaquiles llevan tortillas de maíz y salsa. = Chilaquiles include maize tortillas and sauce.
El champurrado es una bebida caliente con maíz y chocolate. = Champurrado is a hot drink with maize and chocolate.
El agua de Jamaica se prepara con flor de hibisco. = Agua de Jamaica is prepared with hibiscus flowers.

Recipes and accompaniments vary.

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Daily routines and wellbeing

¿Llevas una vida sana?

Do you lead a healthy lifestyle?

Módulo 4
Mi estilo de vida
Unidad 1

Higher Tier
Routines, sequence and personal views



Knowledge organiser: routines and sequence

Spanish in navy · English in purple

Daily routine

me levanto / me acuesto = I get up / go to bed
me preparo / me visto = I get ready / get dressed
tomo el desayuno = I have breakfast
hago deporte = I do sport
suelo caminar = I usually walk
temprano / tarde = early / late
a la misma hora = at the same time

Expressions with tener

tengo hambre = I am hungry
tengo sed = I am thirsty
tengo sueño = I am sleepy
tengo frío / calor = I am cold / hot
tengo razón = I am right
tengo cuidado = I am careful
no tengo tiempo = I do not have time

Sequence and time

primero / luego / finalmente = first / then / finally
antes de comer = before eating
después de levantarme = after getting up
antes de acostarme = before going to bed
a la una = at one o'clock
a las nueve = at nine o'clock
por la mañana / noche = in the morning / at night

Quantity and frequency

algunos días / algunas tardes = some days / afternoons
muchos pasteles = many cakes
mucha agua = a lot of water
demasiadas bebidas = too many drinks
otros días = other days
todos los días / cada día = every day
los mismos hábitos = the same habits

Vocabulary workshop: routine and frequency

Build a fictional day using at least three actions.

Daily actions

me levanto / me acuesto = I get up / go to bed
me preparo / me visto = I get ready / get dressed
tomo el desayuno = I have breakfast
tomo la merienda = I have an afternoon snack
tomo la cena = I have dinner
hago deporte / corro = I do sport / run
me relajo / descanso = I relax / rest
escucho música = I listen to music

Frequency and contrast

siempre / a veces / nunca = always / sometimes / never
todos los días = every day
algunos fines de semana = some weekends
algunas tardes = some afternoons
durante la semana = during the week
por la mañana / tarde = in the morning / afternoon
salvo los domingos = except on Sundays
aunque / sin embargo = although / however
mientras / depende = while / it depends

Mealtimes and food choices

¿Somos lo que comemos?

Are we what we eat?

Módulo 4
Mi estilo de vida
Unidad 2

Higher Tier
Meals, preferences and food trends



Knowledge organiser: meals, choices and pronouns

Spanish in navy · English in purple

Meals and food vocabulary

el desayuno / el almuerzo = breakfast / lunch
la merienda / la cena = afternoon snack / dinner
un plato / un postre = a dish / a dessert
un bocadillo / una ensalada = a sandwich / a salad
la comida callejera = street food
los puestos de comida = food stalls
una dieta equilibrada = a balanced diet

Times and personal preferences

normalmente / generalmente = normally / generally
entre las dos y las tres = between two and three
lo tomo a las ocho = I have it at eight
la tomo a las nueve = I have it at nine
me gustaría probarlo = I would like to try it (masc.)
algunos eligen… = some choose…
otros prefieren… = others prefer…

Direct object pronouns

me / te = me / you (singular familiar)
lo / la = him or it / her or it
nos / os = us / you (plural familiar)
los / las = them (masculine / feminine)
lo preparo = I prepare it (masculine)
las compro = I buy them (feminine)
quiero probarlas = I want to try them (feminine)

Impersonal phrases and viewpoints

hay que preparar… = one must prepare…
se necesita comprar… = it is necessary to buy…
hace falta preguntar… = it is necessary to ask…
no hace falta gastar mucho = there is no need to spend much
según cada gusto = according to individual taste
otra ventaja es que… = another advantage is that…
sobre todo / a menudo = especially / often

Vocabulary workshop: meals and food choices

Use the vocabulary in a fictional menu or account.

Food and places

el pescado / el arroz / el maíz = fish / rice / maize
la carne / la leche / la fruta = meat / milk / fruit
una ensalada / un bocadillo = a salad / a sandwich
un postre / algo dulce = a dessert / something sweet
los tacos de carne = meat tacos
las quesadillas = quesadillas
el asado de carne = roasted or grilled meat
el mercado / los puestos = the market / stalls

Preferences and descriptions

mi comida favorita = my favourite food
una comida ligera = a light meal
la comida principal del día = the main meal of the day
vegetariano/a / vegano/a = vegetarian / vegan
alérgico/a = allergic
barato/a / diverso/a = cheap / varied
lleno/a de color = full of colour
según la tradición familiar = according to family tradition
según cada gusto = according to individual taste

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Past habits and present routines

¡Los tiempos cambian!

Times change!

Módulo 4
Mi estilo de vida
Unidad 3

Higher Tier
What I used to do and what I do now



Knowledge organiser: then and now

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Past habits and background

cuando tenía ocho años = when I was eight
cuando era pequeño/a = when I was little
antes / ahora = before / now
jugaba / comía / salía = I used to play / eat / go out
iba al parque = I used to go to the park
veía la tele = I used to watch TV
me acostaba temprano = I used to go to bed early

Present habits and changes

juego / como / salgo = I play / eat / go out
voy / veo / soy = I go / see or watch / am
me acuesto más tarde = I go to bed later
ya no voy al parque = I no longer go to the park
me siento mejor = I feel better
tengo que hacer los deberes = I have to do homework
algunos días tengo sueño = some days I am sleepy

Imperfect patterns

-AR: -aba / -abas / -aba = I / you / he or she used to…
-ábamos / -abais / -aban = we / you / they used to…
-ER / -IR: -ía / -ías / -ía = I / you / he or she used to…
-íamos / -íais / -ían = we / you / they used to…
era / iba / veía = I was / used to go / used to see
solía comer = I used to eat
me gustaban las verduras = I used to like vegetables

Contrast and useful vocabulary

mientras que = whereas
sin embargo = however
ya que / porque = since or because / because
en vez de = instead of
salvo / excepto = except
a diario / al aire libre = daily / outdoors
los hábitos / las costumbres = habits / habits or customs

Vocabulary workshop: old habits and new routines

Pair a past habit with a contrasting present habit.

Past routine vocabulary

me levantaba temprano = I used to get up early
me acostaba tarde = I used to go to bed late
dormía bien / mal = I used to sleep well / badly
montaba en bici = I used to ride a bike
hacía ejercicio = I used to exercise
comía verduras = I used to eat vegetables
bebía agua = I used to drink water
me movía mucho = I used to move around a lot

Present changes and contrast

me levanto / me acuesto = I get up / go to bed
duermo bien / mal = I sleep well / badly
soy bastante activo/a = I am quite active
me siento mucho mejor = I feel much better
ya no veo esa serie = I no longer watch that series
mientras que ahora… = whereas now…
sin embargo / ya que = however / since or because
en vez de / a diario = instead of / daily

Symptoms and asking for help

¡Qué mal estoy!

I feel so unwell!

Módulo 4
Mi estilo de vida
Unidad 4

Higher Tier
Describing pain and what happened



Knowledge organiser: symptoms and past events

Spanish in navy · English in purple

Symptoms and pain

¿qué te pasa? = what is the matter?
me duele la cabeza = my head hurts
me duelen los pies = my feet hurt
tengo dolor de garganta = I have a sore throat
tengo fiebre = I have a fever
no me siento bien = I do not feel well
estoy enfermo/a = I am ill

Body parts and location

el brazo / la mano = arm / hand
la pierna / la rodilla = leg / knee
el pie / los pies = foot / feet
la espalda / la garganta = back / throat
el estómago / la cabeza = stomach / head
derecho/a / izquierdo/a = right / left
en el parque / de la bici = in the park / off the bike

What happened?

me caí = I fell
me corté el dedo = I cut my finger
me quemé la mano = I burnt my hand
me rompí el brazo = I broke my arm
ayer / la semana pasada = yesterday / last week
desde ayer = since yesterday
desde hace una hora = for an hour

Help and future actions

debes + infinitive = you should + verb
tienes que + infinitive = you have to + verb
necesitas + infinitive = you need to + verb
pedir ayuda = ask for help
pedir cita = make an appointment
ir al médico = go to the doctor
voy a hablar con un adulto = I will speak to an adult

Vocabulary workshop: body parts

Group the words by singular and plural.

Head and upper body

la cabeza / los ojos = head / eyes
la boca / los dientes = mouth / teeth
la nariz / los oídos = nose / ears (hearing organs)
la garganta / la espalda = throat / back
el estómago / el cuerpo = stomach / body
el brazo / la mano = arm / hand
el dedo / los dedos = finger / fingers

Todo el cuerpo = the whole body.

Lower body and location

la pierna / las piernas = leg / legs
la rodilla / las rodillas = knee / knees
el pie / los pies = foot / feet
el brazo derecho = the right arm
la mano izquierda = the left hand

1 Find three feminine singular nouns.
2 Find three plural nouns.
3 Choose a body part and add duele / duelen. Invent any symptoms.

Future plans for wellbeing

Mi salud, de la cabeza a los pies

My health, from head to toe

Módulo 4
Mi estilo de vida
Unidad 5

Higher Tier
Future plans and if clauses



Knowledge organiser: habits and future plans

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Habits and wellbeing

la salud física = physical health
la salud mental = mental health
el estilo de vida = lifestyle
una mala costumbre = a bad habit
tener más energía = to have more energy
cuidar mi salud = to look after my health
una dieta equilibrada = a balanced diet

Future actions

beberé agua = I will drink water
dormiré más = I will sleep more
haré deporte = I will do sport
iré al gimnasio = I will go to the gym
no usaré el móvil = I will not use my phone
compraré fruta = I will buy fruit
dejaré de jugar = I will stop playing

Time and comparison

antes = before / previously
cuando era más joven = when I was younger
ahora = now
ayer = yesterday
en el futuro = in the future
la semana que viene = next week
más temprano = earlier

Sentence patterns

si + present + future = if + present + future
si hago deporte = if I do sport
tendré más energía = I will have more energy
me sentiré mejor = I will feel better
estaré menos cansado/a = I will be less tired
para mejorar mi salud = to improve my health
porque es importante = because it is important

Vocabulary workshop: everyday habits

Group the phrases by food, activity, rest or screen use.

Bilingual phrases

beber agua = to drink water
comprar fruta y verdura = to buy fruit and vegetables
practicar deporte = to do sport
ir al gimnasio = to go to the gym
dormir más = to sleep more
acostarse temprano = to go to bed early
usar el móvil = to use a mobile phone
jugar a los videojuegos = to play video games

Tasks and answers

1 Find two phrases about rest.
2 Find two infinitives ending in -ir.
3 Which phrase contains a reflexive verb?
4 Build a plan with voy a.

1 Dormir más / acostarse temprano.
2 Ir / dormir.
3 Acostarse.
4 Voy a beber agua.
Accept other accurate plans.

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Grammar in everyday contexts

Gramática 1 & 2

Module 4 grammar review

Módulo 4
Mi estilo de vida

Higher Tier
Habits, health and future plans



Knowledge organiser: Module 4 grammar

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Agreement and sequence

una amiga española = a Spanish friend
los colombianos = Colombian people
varios amigos = several friends
ninguna bebida = no drink / not any drink
antes de comer = before eating
después de levantarme = after getting up
para relajarme = to relax

Habits and object pronouns

antes comía = I used to eat before
ahora como = now I eat
ayer comí = yesterday I ate
mañana comeré = tomorrow I will eat
lo / la = it / him / her
los / las = them
la preparo = I prepare it

Impersonal patterns and pain

hay que descansar = one must rest
hace falta hablar = it is necessary to talk
se necesita pedir ayuda = one needs to ask for help
me duele la cabeza = my head hurts
me duelen los pies = my feet hurt
le duelen los oídos = his/her ears hurt
tengo dolor de espalda = I have back pain

Future and conditions

beberé agua = I will drink water
haré deporte = I will do sport
tendré tiempo = I will have time
me acostaré = I will go to bed
si tengo tiempo = if I have time
saldré con amigos = I will go out with friends
si + present + future = if + present + future

Nationality adjectives and people

Match the adjective to the person or group.

Bilingual forms

mexicano / mexicana = Mexican
español / española = Spanish
peruano / peruana = Peruvian
colombiano / colombiana = Colombian
inglés / inglesa = English
argentino / argentina = Argentinian
cubano / cubana = Cuban
latinoamericano/a = Latin American

Try and check

1 Dos amigas ___. (colombiano)
2 Un chico ___. (inglés)
3 Unas alumnas ___. (español)
4 Translate: los peruanos / las peruanas.

1 Colombianas. **2** Inglés. **3** Españolas.
4 Peruvian people / Peruvian women or girls.

Los españoles / las españolas use an article to refer to people. Nationalities are lowercase.