**Level 2 Unit 3: “Taking care of me”**

**I can do everything from Units 1 and 2, plus…**

**Daily routine:**

* **I can tell what I do to get ready in the morning**
* **I can tell what I do before bed**
* **I can read and tell about my daily routine**
* **I can read and hear about someone’s daily routine and explain what that person does**

**Health and wellness:**

* **I can identify body parts**
* **I can say what hurts**
* **I can ask for medical help**
* **I can give advice on how to feel better when sick or injured**
* **I can talk about things that are good/bad for my health**

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| **Daily Routine**¿Qué haces por la mañana?¿Qué haces antes de acostarte?Me despiertoMe preparoMe duchoMe maquilloMe afeitoMe cepillo (el pelo, los dientes)Me peinoMe secoMe vistoMe pongo (la ropa)Me quitoMe duermoEl champúEl jabónLa lociónEl maquillajeLa pasta de dientesEl cepillo de dientesEl cepilloEl peineLa toallaEl secador de peloLa navaja | **Body Parts**La cabeza La caraLa narizLa mejillaLa bocaLos dientesLas orejasLa gargantaEl estómagoLa espaldaEl brazoLa muñecaLa manoLa piernaLa rodillaEl tobilloEl pieEXTRA: El codoLa barbillaEl cachete/los cachetes |
| **Medical Advice**Debes…No debes……tomar medicina…tomar unas aspirinas…tomar un caramelo para la tos…ir al hospital…hablar con una enfermera…quedarte en casa…quedarte en cama…ponerte una curita…ponerte una venda…ponterte un yeso…ponerte hielo | **Illness and Injury**¿Qué pasó?¿Qué te pasa?Estoy enfermo(a).Me duele(n)…Me rompí…Me torcí…Me lastimé…El/la….está hinchado(a). Tengo catarro / la gripe / fiebreToserEstornudar |
| **Healthy Living**DescansarDormirHacer ejercicioLevantar pesasBajar de pesoSubir de pesoEstirarseFumarSaludableLos dulcesLa grasa |  |

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| **Structures- Introduced and practiced as vocabulary**(No)Debes +infinitive | **Essential Structures** -Reflexive verbs in present tense in all forms and familiar commands (affirmative and negative)-Use of definite article w/ body parts-Grammar Pop-up – point out that injury verbs are in the past tense.  | **Suggested culture**South American capitals (Exprésate II: Santiago, Buenos Aires, Cuzco)-Diet and exercise-Home remedies-Pharmacy-Emergency form-Ads, announcements, commercials for health or products |

Level 2 Unit 3 (broken into 4 weeks of instruction)h

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| **Week 1: Body Parts** |
| * I can identify body parts
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| **Week 2: Daily Routine** |
| * I can tell what I do to get ready in the morning
 |
| * I can tell what I do before bed
 |
| * I can read and hear about someone’s daily routine and explain what that person does
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| **Week 3: Medical Advice / Illness** |
| * I can say what hurts
 |
| * I can ask for medical help
 |
| * I can give advice about how to feel better when sick/injured
 |
| **Week 4: Healthy Living** |
| * I can talk about things that are good/bad for my health
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