**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**

|  |  |
| --- | --- |
| **Daily Routine**  ¿Qué haces por la mañana?  ¿Qué haces antes de acostarte?  Me despierto  Me preparo Me ducho Me maquillo Me afeito Me cepillo (el pelo, los dientes) Me peino Me seco Me visto Me pongo (la ropa) Me quito Me duermo El champú El jabón La loción El maquillaje La pasta de dientes El cepillo de dientes El cepillo El peine La toalla El secador de pelo La navaja | **Body Parts**  La cabeza  La cara La nariz La mejilla La boca Los dientes Las orejas La garganta El estómago La espalda El brazo La muñeca La mano La pierna La rodilla El tobillo El pie  EXTRA: El codo  La barbilla  El 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 / fiebre Toser Estornudar |
| **Healthy Living**  Descansar  Dormir Hacer ejercicio  Levantar pesas Bajar de peso Subir de peso Estirarse Fumar  Saludable Los dulces La grasa |  |

|  |  |  |
| --- | --- | --- |
| **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

|  |
| --- |
| **Week 1: Body Parts** |
| * I can identify body parts |
| **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 |
| **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 |