



MFL SUBJECT SKILLS PROGRESSION DOCUMENT

This document explains how Spanish is taught as a modern foreign language to children in Key Stage 2 (KS2). The main aim is to inspire a love of learning languages by making lessons enjoyable and engaging. Children are introduced to Spanish in a fun way that helps them understand how languages are structured and how they differ from English. Alongside building speaking, listening, reading and writing skills, the programme also encourages curiosity about other countries and cultures, helping children appreciate both differences and similarities. It also prepares them for more advanced language learning in secondary school.

Spanish has been chosen as the school's main foreign language because it is widely spoken around the world and is relatively easy to learn due to its clear pronunciation rules. It is also a language many children may encounter in real life, for example on family holidays. All KS2 pupils are taught Spanish for at least 30 minutes a week, often longer, and cover six topics each year. Learning is reinforced through everyday use, such as greetings or taking the register in Spanish.

The curriculum follows national guidelines and uses structured resources to help children gradually build their skills. Pupils learn to listen carefully, join in with songs and rhymes, and take part in simple conversations. They begin to read and write basic sentences, understand simple grammar, and develop accurate pronunciation. Children are also encouraged to work out the meaning of new words and express their own ideas. Cultural understanding is an important part of learning, with opportunities to compare life in Spanish-speaking countries to their own experiences.

Teaching focuses on making lessons interactive, enjoyable and confidence-building by using the Website Language Angels as a foundation for lesson planning. A variety of digital resources, including videos, songs and games, are used to support learning. Regular practice and repetition help children remember what they have learned, and teachers assess progress through small tasks and end-of-unit activities. Creating a positive environment is key, with praise given for effort and mistakes treated as a natural part of learning. Spanish is used as much as possible in the classroom to help children become familiar and comfortable with the language.

On further slides, it can be seen how Language Angels assures progression for all children. A comprehensive vocabulary list has also been included.



Language Angels

The Language Angels scheme is designed with **built-in progression** across Key Stage 2, so pupils gradually move from simple vocabulary recall to producing fluent, extended language.

1. How Language Angels shows progression in KS2 Spanish

Progression is structured in **three layers**:

<p><u>a) Within a lesson</u></p> <ul style="list-style-type: none">• Activities move from listening → speaking → reading → writing• Tasks increase in difficulty (e.g. word recognition → sentence building)	<p><u>b) Across a unit (6 lessons)</u></p> <ul style="list-style-type: none">• Lesson 1–5: teach and practise new language• Lesson 6: revision + assessment• Knowledge is revisited and consolidated before assessment	<p><u>c) Across teaching types (Early → Intermediate → Progressive)</u></p> <ul style="list-style-type: none">• Acts as a “stepping-stone model”• Language becomes more complex over time• Grammar, phonics, and vocabulary are recycled and expanded <p>👉 This ensures pupils gradually understand more, read more, say more and write more.</p>
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2. Difference between Early, Intermediate and Progressive units

♦ Early Language Units (Entry level)

Who: Beginners (Year 3 or pupils)

<p>Focus:</p> <ul style="list-style-type: none"> • Vocabulary (mainly nouns with articles) • Memory and recall • Listening and speaking 	<p>Skills development:</p> <ul style="list-style-type: none"> • Single words → very short sentences • Basic pronunciation and phonics • Simple sentence building from memory 	<p>Grammar:</p> <ul style="list-style-type: none"> • Introduced implicitly (not heavily explained) <p>👉 Example outcome: “Me llamo...” / “Tengo un gato”</p>
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♦ Intermediate Units (Developing level)

Who: Year 4 pupils and the first 3 units in Year 5

<p>Focus:</p> <ul style="list-style-type: none"> • Moving from words → phrases • Increasing grammatical awareness 	<p>Focus:</p> <ul style="list-style-type: none"> • Moving from words → phrases • Increasing grammatical awareness 	<p>Skills development:</p> <ul style="list-style-type: none"> • Longer speaking responses • Reading short texts • Writing simple phrases/sentences • More structured listening tasks 	<p>Grammar:</p> <ul style="list-style-type: none"> • More explicit teaching begins <p>👉 Example outcome: “Me llamo Ana y tengo dos hermanos”</p>
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♦ Progressive Units (Secure / advanced KS2 level)

Who: Pupils with strong foundations (often Year 5–6)

<p>Focus:</p> <ul style="list-style-type: none"> • <u>Fluency and independence</u> • <u>Complexity and accuracy</u> 	<p>Skills development:</p> <ul style="list-style-type: none"> • Speaking in longer sentences from memory • Writing paragraphs • Understanding longer texts 	<p>Grammar:</p> <ul style="list-style-type: none"> • Applied confidently and accurately <p>👉 Example outcome:</p>
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	<ul style="list-style-type: none"> Using previously learned language independently 	Extended paragraph including opinions, connectives, and varied verbs
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3. How skills develop across the four language areas

Skill	Early Units	Intermediate Units	Progressive Units
Listening	Identify words/sounds	Understand phrases and short passages.	Understand longer spoken language.
Speaking	Repeat words/ short phrases	Answer questions in sentences	Speak fluently from memory.
Reading	Match words to meanings	Read short texts	Read and understand paragraphs
Writing	Copy/write single words	Write short sentences	Write structured paragraphs

Early units emphasise **listening & speaking**, while later units balance all four skills equally

4. How assessment works in Language Angels

Assessment is both **formal and ongoing**, which is important for evidencing progression.

<p><u>A. Formal assessment (End of Unit tests)</u></p> <p>At Lesson 6 of every unit:</p> <ul style="list-style-type: none">● Pupils complete a skills-based assessment● Covers the 4 key skills:<ul style="list-style-type: none">○ Listening○ Speaking○ Reading○ Writing● Results can be recorded in the Tracking and Progression Tool● Data generated:<ul style="list-style-type: none">○ Scores / percentages○ Progress against KS2 attainment targets	<p><u>B. Less formal assessment (within units)</u></p> <p><u>Includes:</u></p> <ul style="list-style-type: none">● “I can...” statements● Self-assessment grids● Ongoing teacher observation <p><u>These help pupils:</u></p> <ul style="list-style-type: none">● Reflect on their learning● Understand next steps	<p><u>C. Continuous teacher assessment</u></p> <p><u>Throughout lessons, teachers assess by:</u></p> <ul style="list-style-type: none">● Listening to pupil responses● Monitoring written work● Questioning and discussion● Observing participation and confidence <p><u>Because activities are:</u></p> <ul style="list-style-type: none">● Differentiated (3 levels of challenge)● Repetitive and progressive <p><u>Teachers can judge whether pupils are:</u></p> <ul style="list-style-type: none">● Working towards● At expected● Greater depth
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Language Angels demonstrates progression by moving pupils from **simple vocabulary to fluent paragraph-level language** through structured teaching types, while assessing learning through both **formal end-of-unit tests and continuous teacher assessment**

Core Spanish Vocabulary for Year 3

	Autumn 1: I am learning Spanish	Autumn 2: Animals	Spring 1: I know how to	Spring 2: Fruits	Summer 1: Vegetables	Summer 2: Ice-Creams
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<p>Vocabulary</p>	<p>Hola - Hello ¿Cómo estás? - How are you? Estoy bien - I'm well Estoy mal - I'm bad Adiós - Goodbye ¿Cómo te llamas? - What's your name? Me llamo - My name is uno - one dos - two tres - three cuatro - four cinco - five seis - six siete - seven ocho - eight nueve - nine diez - ten rojo - red azul - blue amarillo - yellow verde - green negro - black blanco - white gris - grey</p>	<p>los animales - (the) animals un - a (masculine singular) una - a (feminine singular) un león - a lion un pájaro - a bird un conejo - a rabbit un caballo - a hare un mono - a monkey un cerdo - a pig un canario - a canary un ratón - a mouse una vaca - a cow una oveja - a sheep Soy - I am</p>	<p>puedo - I can bailar - to dance cantar - to sing cocinar - to cook saltar - to hop hablar - to talk escuchar - to listen comer - to eat beber - to drink ver la tele - to watch TV escribir - to write</p>	<p>una manzana - an apple las manzanas - (the) apples una fresa - a strawberry las fresas - (the) strawberries un melocotón - a peach los melocotones - (the) peaches un plátano - a banana los plátanos - (the) bananas una cereza - a cherry las cerezas - (the) cherries una naranja - an orange las naranjas - (the) oranges una ciruela - a plum Las ciruelas - (the) plums una pera - a pear las peras -</p>	<p>los tomates - (the) tomatoes los calabacines - (the) zucchinis los guisantes - (the) peas los champiñones - (the) mushrooms las patatas - (the) potatoes las zanahorias - (the) carrots las judías verdes - (the) green beans las cebollas - (the) onions las espinacas - spinach (plural noun in Spanish) las berenjenas - (the) aubergines un kilo de... - a kilo of medio kilo de... - half a kilo of Quisiera... - I would like</p>	<p>un helado - an icecream un helado... de vainilla - a vanilla icecream de fresa - a strawberry icecream de plátano - a banana icecream de menta - a mint icecream de pistacho - a pistachio icecream de chocolate - a chocolate icecream de limón - a lemon icecream de café - a coffee icecream de caramelo - a caramel icecream de mora - a blackberry icecream Quisiera - I would like Y - and un cucurucho - a cornet una tarrina - icecream tub una bola - a scoop dos bolas -</p>
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	<p>naranja - orange violeta - purple marrón - brown</p>			<p>(the) pears un kiwi - a kiwi los kiwis - (the) kiwis un albaricoque - an apricot los albaricoques - the apricots Me gustan - I like + plural noun E.g Me gustan los peras - I like pears No me gustan - I don't like + plural noun e.g No me gustan los kiwis - I don't like kiwis</p>	<p>por favor - please Y - and ¡Hola! - Hello! ¿Puedo ayudarte? - Can I help you? ¿Algo más? - Is that all/ anything else? ¿Cuánto cuesta? - How much is that? Gracias - thank you ¡Hasta luego! - Goodbye En mi cesta tengo... - In my basket I have ...</p>	<p>two scoops tres bolas - three scoops Por favor - please Hola - hello ¿Qué sabor? - What flavour? ¿Cuántas bolas? - How many scoops? ¿Cuánto cuesta? - How much does it cost? Gracias- Thank you Adiós - Goodbye</p>
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	Autumn1: Presenting Myself	Autumn2: My Family	Spring1: In the Classroom	Spring2: Do you have a pet?	Summer1: At the cafe	Summer2: My home
Vocabulary	<p>¿Cómo te llamas? - What's your name? Me llamo - My name is Hola - hello ¿Cómo estás? - How are you? Estoy bien - I'm good Estoy mal - I'm bad Adiós - goodbye ¿Cuántos años tienes? - How old are you? Tengo - I am (when used for age. e.g Tengo 8 años - I am 8 years old) ¿Dónde Vives? - Where do you live? Vivo en - I live in ...</p>	<p>la familia - the family la abuela - the grandmother la mamá - the mother la tía - the aunty la hija - the daughter la hermana- the sister el hijo - the son el hermano - the brother el tío - the uncle el papá - the father el abuelo - the grandfather los padres - the parents los abuelos - the grandparents ¿Cómo se llama? - What's his/her name?</p>	<p>Un sacapuntas - a pencil case un cuaderno - an exercise book an lápiz - a pencil un bolígrafo - a pen un estuche - a pencil case un libro - a book una goma - a rubber Una regla - a ruler Una calculadora - a calculator unas Tijeras - a pair of scissors</p> <p>una barrade pegamento - a glue stick</p>	<p>un perro - a dog un gato - a cat un conejo - a rabbit un hámster - a hamster un pez - a fish un ratón - a mouse una cotorra - a parrot una tortuga - turtle/ tortoise Tengo - I have No tengo - I don't have un - a (masculine) una - a (feminine) se llama - he/she is called Y - and pero - but</p>	<p>Desayuno en el café - I have breakfast at a cafe ¿Qué quieres?- What do you want? Quiero - I want Por favor - please un zumo - a juice un café - a coffee un café con leche - a coffee with milk un té - a tea un té Con leche - a tea with milk</p> <p>un chocolate caliente - a hot chocolate un croissant - a</p>	<p>¿Dónde Vives? - Where do you live? Vivo en - I live in una casa - a house un piso - a flat en la ciudad - in the city en el campo - in the countryside en la montaña - in the mountains en la costa - on the coast en el pueblo - in the town Y - and pero - but una cocina - a kitchen</p> <p>un comedor - a dining room un cuartode baño -</p>

	<p>Soy español - I am Spanish (masculine) Soy española - I am Spanish (feminine) Soy inglés - I am English (masculine) Soy inglesa - I am English (feminine) Uno - one dos - two tres - three cuatro - four cinco - five seis - six siete - seven ocho - eight nueve - nine diez - ten once - eleven doce - twelve trece - thirteen catorce - fourteen quince - fifteen dieciséis - sixteen diecisiete -</p>	<p>se llama - his/her name is mi - my (singular nouns) Mis - my (plural nouns) ¿Tienes un hermano? - Do you have a brother? ¿Tienes una hermana? - Do you have a sister? Sí - yes Tengo - I have uno - one (masculine) una - one (feminine) dos - two Soy hijo único - (boy) I am an only child. Soy hija única - (girl) I am an only child. diez - ten veinte - twenty treinta - thirty cuarenta -</p>	<p>una cartera - a satchel Tengo - I have No tengo - I don't have ¿Qué tienes en tu estuche? - What do you have in your pencil case? En mi estuche - in my pencil case ¡Escuchad! - Listen! ¡Escribid! - Write! ¡Repetid! - Repeat! ¡Silencio! - Silence! ¡Abrid los libros! - Open your book! ¡Cerrad los libros! - Close your book! ¡Pensad! - Think! ¡Leed! - Read! ¡Preguntad! -</p>		<p>croissant la mantequilla - the butter el pan - the bread la mermelada - the jam el bizcocho - the cake los cereales - the cereals un trozo de tortilla - a piece of Spanish omelette los churros - churros (Spanish doughnuts) las patatas fritas - fries un sándwich - a sandwich una cocacola - a coke cola una limonada - a lemonade la cuenta - the bill</p>	<p>a bathroom un dormitorio - a bedroom un lavadero - a laundry room un sótano - a cellar un despacho - an office Un salón - a living room un garaje - a garage un jardín - a garden En mi casa - at my place /home Hay - there is /there are No hay - there isn't/ there aren't</p>
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	<p>seventeen dieciocho - eighteen diecinueve - nineteen veinte - twenty</p>	<p>forty cincuenta - fifty sesenta - sixty setenta - seventy ochenta - eighty noventa - ninety cien - one hundred</p>	<p>Ask! ¡Levantad la mano! - Hands up!</p>			
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Year 5

	Autumn 1: The	Autumn 2:	Spring 1:	Spring 2:	Summer 1:	Summer 2:
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	Date	What is the Weather	Clothes	Planets	Vikings	Grammar
Vocabulary	¿Qué fecha es hoy? - What's the date today? Hoy es - Today is lunes - Monday martes - Tuesday miércoles - Wednesday jueves - Thursday viernes - Friday sábado - Saturday domingo - Sunday enero - January febrero - February marzo - March abril - April mayo - May junio - June julio - July agosto - August septiembre - September octubre -	¿Qué tiempo hace?- What's the weather like today? Está lloviendo - It's raining Está nevando - It's snowing Hay tormenta - It's raining Hace sol - It's sunny Hace mucho viento - It's very windy Hace buen tiempo - It is good weather Hace mal tiempo - It is bad weather Hace frío - It's cold Hace calor - It's hot España - Spain En el norte - in the north En el sur - in the south	la ropa - (the) clothes , (singular noun in Spanish) unos pantalones - trousers Un traje de baño - a swimsuit un suéter - a sweater una camiseta - a t-shirt un abrigo - a coat un vestido - a dress una blusa - a blouse una corbata - a tie una bufanda - a scarf una falda - a skirt una chaqueta - a jacket una camisa -	los planetas - the planets la luna - the moon el sol - the sun la tierra - (the) Earth Marte - Mars Mercurio - Mercury Neptuno - Neptune Plutón - Pluto Saturno - Saturn Urano - Uranus Venus - Venus Júpiter - Jupiter está - this en el centro - in the centre lejos - far cerca - close bastante - quite siempre - always rojo - red azul - blue Verde - green enorme -	los Vikingos - the Vikings Soy... - I am... alto/a - tall (m/f) bajo/a - short (m/f) peligroso/a - dangerous (m/f) bárbaro/a - barbaric violento/a - violent (m/f) aterrador/a - terrifying (m/f) despiadado/a - ruthless (m/f) atrevido/a - adventurous inteligente - clever fuerte- strong pero - but Y - and Tengo... - I have... Tengo el pelo... - I have... hair rubio - blond moreno - black	Please refer to grammar map for this unit.

	<p>October noviembre - November Diciembre - December uno - one dos - two tres - three cuatro - four cinco - five seis - six siete - seven ocho - eight nueve - nine diez - ten once - eleven doce - twelve trece - thirteen catorce - fourteen quince - fifteen dieciséis - sixteen diecisiete - seventeen dieciocho - eighteen diecinueve - nineteen veinte - twenty veintiuno -</p>	<p>En el centro - in the centre en el oeste - in the west en el este - in the east el clima - the weather</p>	<p>a shirt una gorra - a cap unos guantes - gloves unas botas - boots unas medias - tights unas sandalias - sandals unas gafas - glasses unos pantalones cortos - shorts unos zapatos - shoes unos calcetines - socks llevo - I wear llevas - you wear (s) lleva - he/she wears llevamos - we wear</p>	<p>enormous también - also pequeño - small grande - big gracioso/a - funny guapo/a - handsome alto/a - tall simpático/a - friendly gordo/a - fat bajo/a - small delgado/a - thin Inteligente - intelligent</p>	<p>castaño - brown (for hair) gris - grey Soy pelirrojo/a - I have red/ginger hair. largo - long corto - short No tengo el pelo ni largo ni corto - I have medium-length hair. liso - straight rizado - curly ondulado - wavy Tengo los ojos... I have...eyes azules - blue verdes - green marrones - brown (for eyes) Llevo trenzas - I have plaits. Tengo una cicatriz - I have a scar. Tengo barba. I have a beard. Se llama... - He/she is</p>	
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	<p>twenty one</p> <p>veintidós - twenty two</p> <p>veintitrés - twenty three</p> <p>veinticuatro - twenty four</p> <p>veinticinco - twenty five</p> <p>veintiséis - twenty six</p> <p>veintisiete - twenty seven</p> <p>veintiocho - twenty eight</p> <p>veintinueve - twenty nine</p> <p>treinta - thirty</p> <p>treintayuno - thirty one</p> <p>¿Cuándo es tu Cumpleaños? - When is your birthday?</p>		<p>lleváis - you wear (pl)</p> <p>llevan - they wear</p> <p>lunes - Monday</p> <p>martes - Tuesday</p> <p>miércoles - Wednesday</p> <p>jueves - Thursday</p> <p>viernes - Friday</p> <p>sábado - Saturday</p> <p>domingo - Sunday</p> <p>Para la escuela - for school</p> <p>Cuando hace buen tiempo -When it is good weather</p> <p>Cuando nieva - When it snows</p> <p>Cuando estoy de vacaciones - When I'm on holiday</p>		<p>called...</p> <p>es... - he/she is... tiene... - he/she has...</p> <p>Me levanto - I get up.</p> <p>Pesco - I fish.</p> <p>Como - I eat</p> <p>Rezo - I pray</p> <p>Saqueo - I loot</p> <p>Exploro - I explore.</p> <p>Lucho - I fight.</p> <p>Hablo - I speak/talk.</p> <p>Tejo - I weave</p> <p>Hago - I make</p> <p>Me acuesto - I go to bed</p> <p>todos los días - everyday</p> <p>a menudo - often</p> <p>de vez en cuando - from time to time</p> <p>casi nunca - hardly ever</p>	
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Year 6

	Autumn 1:	Autumn 2:	Spring 1:	Spring 2:	Summer 1:	Summer 2:
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	Introducing myself	At School	At the weekend	Healthy Lifestyles	Around Town	Grammar (verbs)
Vocabulary	<p>A revision of vocabulary learnt in years 3 - 5</p> <p>New vocabulary</p> <p>el apellido - (the) surname</p> <p>el segundo nombre - (the) middle name</p> <p>Plus focus on the following questions:</p> <p>¿Cómo te llamas? - What's your name?</p> <p>¿Cómo tienes el pelo? - What is your hair like?</p> <p>¿Cómo se escribe tu nombre? - How do you spell your name?</p>	<p>el colegio - the school</p> <p>el español - (the/ m) Spanish</p> <p>el inglés - (the/m) English</p> <p>el arte - (the/m) art</p> <p>la educación física - (the)P.E</p> <p>la música - (the) music</p> <p>la geografía - (the) geography</p> <p>la historia - (the) history</p> <p>Las matemáticas - (the) maths</p> <p>Las ciencias - (the) sciences</p> <p>la informática - (the) computing</p> <p>¿Qué te gusta? - What do you like?</p> <p>¿Te gusta? - Do you like</p>	<p>el fin de semana - the weekend</p> <p>¿Qué haces los fines de semana? - What do you do on the weekend?</p> <p>Me levanto - I get up</p> <p>Desayuno - I eat breakfast</p> <p>Veo la tele - I watch TV.</p> <p>Leo - I read</p> <p>Escucho música - I listen to music</p> <p>Juego a videojuegos - I play video games</p> <p>Juego al fútbol - I play football</p> <p>Voy a la piscina - I go to the swimming pool</p> <p>Voy al cine - I go to the cinema</p>	<p>la comida sana - healthy eating/lifestyle</p> <p>leche desnatada - skimmed milk</p> <p>galletas- biscuits</p> <p>comer- to eat</p> <p>pan integral - wholemeal bread</p> <p>Juego al baloncesto.- I play basketball.</p> <p>beber - to drink</p> <p>agua - water</p> <p>Paseo a mi perro - I walk my dog.</p> <p>como - I eat</p> <p>cereales - cereal</p> <p>Hago natación.- I go swimming.</p> <p>Bebo - I drink</p> <p>vegetales - vegetables</p> <p>Monto en bicicleta.- I go cycling.</p> <p>bueno para la</p>	<p>en la ciudad - around/in town</p> <p>Gira a la derecha.- Turn right.</p> <p>el centro comercial -(the) shopping centre</p> <p>Gira a la izquierda. - Turn left.</p> <p>el museo - the museum</p> <p>Sigue todo recto. - Go straight on.</p> <p>el supermercado - the supermarket</p> <p>...y después... ...and then...</p> <p>el restaurante - the restaurant</p> <p>enfrente de... - opposite...</p> <p>la farmacia - the pharmacy</p> <p>al lado de... - next to...</p>	<p>Please refer to grammar map for this unit.</p>

	<p>¿Qué tiempo hace hoy? - What is the weather like today?</p> <p>¿Llevas uniforme escolar? - Do you wear a school uniform?</p> <p>¿Dónde vives? - Where do you live?</p> <p>¿Cuántos planetas hay? - How many planets are there?</p> <p>¿Cómo tienes los ojos? - What are your eyes like?</p> <p>¿Cual es tu personalidad? - What is your personality?</p> <p>Vivo (en) - I live (in)</p> <p>Llevo - I wear</p> <p>Tengo - I have</p> <p>Hay - there is/ there are</p>	<p>(+ singular noun)</p> <p>¿Te gustan? - Do you like (+ plural noun)</p> <p>Me gusta - I like (+ singular noun)</p> <p>Me gustan - I like (+ plural noun)</p> <p>Me encanta - I love (+ singular noun)</p> <p>Me encantan - I love (+ plural noun)</p> <p>No me gusta - I don't like (+ singular noun)</p> <p>Odio - I hate</p> <p>Sí - yes</p> <p>No - no</p> <p>aburrido - boring</p> <p>difícil - difficult</p> <p>útil - useful</p> <p>interesante - interesting</p> <p>divertido - funny</p> <p>fácil - easy</p> <p>inútil - useless</p>	<p>Voy a dormir - I go to sleep</p> <p>Y - and</p> <p>después - after</p> <p>también - also</p> <p>más tarde - later on</p> <p>finalmente - finally</p> <p>porque - because</p> <p>¡Es increíble! - It's amazing</p> <p>¡Es genial! - It's great!</p> <p>¡Es divertido! - It's fun!</p> <p>¡Es agotador! - It's tiring!</p> <p>¡Es aburrido! - It's boring!</p> <p>¿Qué hora es? - What time is it?</p> <p>Es la una - It's one o'clock</p> <p>Son las dos - It's two o'clock</p> <p>Son las tres - It's three o'clock</p> <p>Son las cuatro -</p>	<p>salud - good for (your) health</p> <p>fruta - fruit</p> <p>Hago judo. - I do judo.</p> <p>malo para la salud - bad for (your) health</p> <p>nueces - nuts</p> <p>Juego al tenis.- I play tennis.</p> <p>Para tener una buena salud... - To stay in good health I...</p> <p>carne roja- red meat</p> <p>No veo la tele.- I do not watch television.</p> <p>Para tener una buena salud como... - To stay in good health I eat...</p> <p>leche entera - milk</p> <p>No juego con juegos electrónicos - I do not play</p>	<p>la piscina - the swimming pool</p> <p>¡Perdona! Excuse me!</p> <p>el hospital- the hospital</p> <p>¡Muchas gracias! - Thank you very much!</p> <p>la estación - the station</p> <p>De nada.- You're welcome.</p> <p>la escuela - the school</p> <p>la biblioteca - the library</p> <p>¿Dónde está...? Where is...?</p> <p>¡Está lejos! - It's far away!</p> <p>¡Está cerca! - It's nearby!</p>	
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	<p>Soy - I am</p> <p>Me llamo - my name is.....</p> <p>Mi nombre se escribe.... - My name is spelt</p>	<p>es - it</p> <p>son - are</p> <p>porque - because</p> <p>Y -- and</p> <p>pero - but</p> <p>sin embargo however</p> <p>Hola - hello</p> <p>¡Hasta luego! Goodbye!</p> <p>¿Qué hora es? - What time is it?</p> <p>Es la una - It's one o'clock</p> <p>Son las dos - It's two o'clock</p> <p>Son las tres - It's three o'clock</p> <p>Son las cuatro - It's four o'clock</p> <p>Son las cinco - It's five o'clock</p> <p>Son las seis - It's six o'clock</p> <p>Son las siete - It's seven o'clock</p> <p>Son las ocho -</p>	<p>It's four o'clock</p> <p>Son las cinco - It's five o'clock</p> <p>Son las seis - It's six o'clock</p> <p>Son las siete - It's seven o'clock</p> <p>Son las ocho - It's eight o'clock</p> <p>Son las nueve - It's nine o'clock</p> <p>Son las diez - It's ten o'clock</p> <p>Son las once - It's eleven o'clock</p> <p>Son las doce - It's twelve o'clock</p> <p>Es medianoche - It's midnight</p> <p>Es mediodía - It's midday</p> <p>A la una - at 1 o'clock</p> <p>A las dos - at 2 o'clock</p> <p>A las tres - at 3 o'clock</p>	<p>electronic games.</p> <p>Para tener una buena salud bebo... - To stay in good health I drink...</p> <p>pan blanco - white bread</p> <p>una receta - a recipe</p> <p>Para tener una buena salud no como... - To stay in good health I do not eat...</p> <p>chocolate - chocolate</p> <p>¡Cortar! - Cut!</p> <p>Para tener una buena salud no bebo... - To stay in good health I don't drink...</p> <p>mantequilla -butter</p> <p>¡Añadir! - Add!</p> <p>pescado - fish</p> <p>caramelos - sweets</p> <p>¡Mezclar! - Mix!</p>		
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		<p>It's eight o'clock</p> <p>Son las nueve - It's nine o'clock</p> <p>Son las diez - It's ten o'clock</p> <p>Son las once - It's eleven o'clock</p> <p>Son las doce It's twelve o'clock</p> <p>Es medianoche - It's midnight</p> <p>Es mediodía - It's midday</p> <p>A la una - at 1 o'clock</p> <p>A las dos - at 2 o'clock</p> <p>A las tres - at 3 o'clock</p> <p>A las cuatro - at 4 o'clock</p> <p>A las cinco - at 5 o'clock</p> <p>A las seis - at 6 o'clock</p> <p>A las siete - at 7 o'clock</p>	<p>A las cuatro - at 4 o'clock</p> <p>A las cinco - at 5 o'clock</p> <p>A las seis - at 6 o'clock</p> <p>A las siete - at 7 o'clock</p> <p>A las ocho - at 8 o'clock</p> <p>A las nueve - at 9 o'clock</p> <p>A las diez - at 10 o'clock</p> <p>A las once - At 11 o'clock</p> <p>A las doce - at 12 o'clock</p>	<p>pollo - chicken</p> <p>patatas fritas - chips</p> <p>¡Rallar! - Grate!</p> <p>queso - cheese</p> <p>bebidas con gas - fizzy drinks</p> <p>¡Cocinar! - Cook!</p>		
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		A las ocho - at 8 o'clock A las nueve - at 9 o'clock A las diez - at 10 o'clock A las once - At 11 o'clock A las doce - at 12 o'clock				
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