**Higher Tier Language Structures – La salud**

1. **Desde hace……*(Since…ago/ for)***

When you want to say how long you have been doing something you use desde hace (time***)***

**Examples**

He tomado mucha fruta desde hace\* cinco años

*I have had a lot of fruit since 5 years ago\**

Hemos sido vegetarianos desde hace\* tres años

*We have been vegetarians since 3 years ago\**

1. **Lo + adjective….**

When you want to say “The good thing is that….” “The bad thing is…….” “The best thing is…..” use lo + adjective

**Examples**

Lo malo\* es que mi dieta no es muy sana

*The bad thing is (that) my diet is not vey healthy.*

Lo bueno\* de mi dieta es ……la variedad

*The good thing about my diet is……the variety*

Lo mejor\* es …que deportista y por lo tarto muy activo.

*The best thing is that I´m sporty and therefore very active.*

Lo peor\* de mi hermano es ....que se pasa horas viendo la televisión

*The worst thing about my brother is that he spends hours watching the telly.*

Lo más positivo\* de mi alimentación es que como un poco de todo.

*The most positive thing about my eating is that I eat a little bit of everything*

1. **Extended sentences**

**3.1** Write longer sentences using **porque** and **pero** in the same sentence.

**Examples**

Me gusta…………….porque\* es……………………….pero\*……………………….

I like…………………….because it is…………………..but…………………

Me **chiflan**………………porque\* son………………pero\*

I love (plural)……because they are………but

**3.2** Correlations  **No solo.......sino también.**

**(Not only......... but also).**

**Examples**

Me gusta no solo comer dulces sino también pasteles.

*I not only like eating sweets but also cakes.*

1. **Negatives**

**no….**  don´t (not)

**nunca** never

**jamás** never

**no**….**nadie** anybody / nobody

**no** ….**ni**…..**ni**  neither……nor……….

**Examples**

No\* me gusta el pollo I don´t like chiken

Nunca\* paso tiempo en la cocina I never spend time in the kitchen

Jamás\* tomo vitaminas I never take vitamins.

No tomamos ni cerveza ni vino

*We don´t drink either beer or wine.*

1. **Impersonal Verbs**

se puede + full verb You can

se debe + full verb You should/must/ought to

se necesita + full verb You need to

se require + full verb It requires

**Examples**

Se puede\* tomar chocolate en pequeñas cantidades

*You can eat chocolate in small portions*

No se debe\* comer grasas saturadas You shouldn´t eat saturated fat.

1. **Expressions with tener**

**Tener** means to have but when linked with an adjective (describing word) its meaning changes from “to have” to “to be”

**Examples**

Tener éxito\* to be successful

Tener miedo\* to be afraid

Tener hambre\* to be hungry

Tener suerte\* to be lucky

Quiero tener éxito\* en la vida I want to be successful in life

Tendré suerte\* si….. I will be lucky if……

**Examples**

Tendré suerte si me dan cosas dulces para comer

*I will be lucky if I get sweet things to eat*

Si tengo hambre voy a la cocina y pico algo.

*If I´m hungry I go to the kitchen and pick something.*

1. **“If” sentences**

When you start sentences with “if” or “si” in Spanish, combinations of tenses are used. The combinations are as follows

Si\* + present + future

Si\* + imperfect + conditional

Si\* + pluperfect + conditional perfect

**Examples**

Si\* como muchos dulces, seré diabético

*If I eat a lot of sweets, I will be diabetic*.

Si\* mi amiga tom**ara** menos café, dorm**iría** mejor

*If my friend drank less coffee, She would sleep better*

1. **Object Pronouns**

When you want to avoid repeating the thing you are talking about in a sentence, use an object pronoun. They are normally found in front of a verb. The most commonly used are:-

**Masculine Feminine**

it **lo** **la**

them **los** **las**

me **me** **me**

**Examples**

Lo\* como I eat it

Me\* alimentará it will nourish me

1. **Comparatives**

When you want to compare two things use the following comparisons

**Más……… que** more….than

**Menos ………..que** less….than

**Tan………como**  as…………as

**Examples**

Las naranjas tienen más vitaminas que\* la carne

*Oranges have got more vitamins than meat.*

Comer comida saludable es menos caro que\* la comida rápida

*Eating healthy food is less expensive than fast food*

La fruta es tan deliciosa como\* los pasteles

*Fruit is as delicious as cakes*

1. **Superlatives**

When you want to say “the most………… ” or “the least……” use a superlative in Spanish

**el más** the most (m)

**la más** the most (f)

**el menos** the least (m)

**la menos** the least (f)

**Examples**

La cómida casera es la más\* saludable

Home food is the healthiest.

La cómida rápida es la menos\* recomendable

Fast food is the least recommended.

1. **Adverbs**

Adjectives which describe verbs are called adverbs. In English they usually end in “ly”. In Spanish normally they end in “mente”

**Example**

**probablamente**  probably

**afortunádamente** fortunately

**definitívamente** definitely

**constántemente**  constantly

**periódicamente** periodically

**consecuentemente** consequently

However, not all adverbs end in “mente”

**Examples**

**a menudo** often

**algunas veces** sometimes

**ahora** now

**casi** almost

1. **Linking ideas with starters such as …….**
2. **Al** llegar + full verb On arriving….
3. **Después de** + full verb After………..
4. **Antes de** + full verb before Before……

**Example**

Al\* llegar a mi casa como algo de fruta.

*On arriving to my house I eat some fruit.*

Despues de\* llegar del instituto tomo una coca’cola

After arriving from school I have a coke.

Antes de llegar al instituto, bebo un zumo de naranja natural

Before getting to school, I drink a natural orange juice

1. **Using “ísimo” (veeeeeeeeeeery)**

When you want to emphasise an adjective add “ísimo” to it

ísimo (m)

ísima (f)

ísimos (mpl)

ísimas (fpl)

**Example**

La paella está riquísima\* The paella is veeeery nice

El marisco es carísimo\* Seafood is veeeery expensive

1. **Conjunctives ( Conectores)**

Start sentences with good linkage to gain valuable content marks

**Examples**

**Sin embargo** However

**Además** Furthermore

**Aunque** Although

**Para empezar** To start / begin with

**Para concluir** To sum up / conclude

**Por un lado . . por otro lado** On the one hand . . . on the other hand

**En primer lugar** In the first instance / place

**Al fin y al cabo** When all is said and done

**A pesar de todo**  Despite everything

**Por lo tanto** Therefore

**Por lo que** Therefore

**Afortunadamente** Fortunately

**Por desgracia** Unfortunately

**Después**  after / afterwards

**Entonces** then / so

**Luego** then / next

**También**  also

**Por eso**  so / for this reason

**Por ejemplo** for example

**Así que**  so

**Ya que** since, considering that

**Aparte de** apart from

1. **Using the gerund**

When you want to use “ing” in Spanish add “iendo” to er or ir verbs or “ando” to ar verbs.

**Example**

Comiendo\* sano, tendré mucha energía

*Eating healthily, I will have a lot of energy.*

No fumandondo\* mi futuro será mejor

*Not smoking, my future will be better.*

1. **TENSES**
   1. Present VISITO
   2. Preterite VISITÉ
   3. Perfect HE VISITADO
   4. Imperfect VISITABA
   5. Conditional VISITARÍA
   6. Pluperfect HABIA VISITADO
   7. Subjunctive VISITE
   8. Future VISITARÉ or VOY A VISITAR

1. **Después de haber + past participle**

When you want to say after having done something, you use después de haber + past participle

**Examples**

Después de haber comprado\* fruta……….

After having bought fruta……………

Después de haber bebido\*……

After having drank……………

Después de haber compartido\* un postre……

After having shared a dessert……………

1. **Subjunctive phrases**

**Quisiera *I would like***

**Ojalá fuera *If only I or He/She/It were***

**Ojalá tuviera *If only I or He/She/It had***

**Ojalá pudiera *If only I or He/She.. could***

**Ojalá hubiera *If only there were***

**Cuando sea mayor *When I’m older***

**Cuando (to indicate future) When.....**

**Si tuviera más tiempo/dinero**

***If only I had more time/money***

**Cuando sea mayor *.....****When I´m older*

**Cuando viva solo *.....*When I live by myself**

**Cuando cambie la dieta ...**

*When I change my diet*

1. **Opinions**

**Creo que . . .**  I believe that . . .

**Pienso que . .** . I think that . . .

**En mi opinión. . .** In my opinión . . .

**Para mí . . .** For me . . .

**A mi parecer . .** . It seems to me / In my opinion . . .

**Diría que . . .** I would say that . . .

**Desde mi punto de vista** . . . .From my point of view. . . .

1. **Usually OR Used to = Soler**

***Suelo – I usually***

***Suele- He/she usually***

***solemos – we usually***

***Solía – I used to***

***Solíamos- We used to***

***Followed by an INFINITIVE (AR, ER, IR)***

**Examples**

**Suelo pasAR mucho tiempo en la cocina.**

*I usually spend lots of time in the kitchen*

**Cuando era pequeño, solíamos comER muchas chuches en la buhardilla**

When I was younger, we used to eat a lot of sweeties in the loft.

1. **It´s +Adjective+ TO Infinitive**

**Es difícil + It´s difficult**

**Es fácil + It´s easy**

**Es necesario+ It´s necessary**

**Es esencial+ It´s essential**

**Es útil+ It´s useful**

**Examples**

**Es difícil llevar una dieta equilibrada y hacer ejercicio**

*It´s difficult to have a healthy diet and exercise*

1. **Tengo la intención de + Infinitive**

I tend to + infinitive

**Examples**

**Tengo la intención de cambiar mis hábitos alimentarios.**

*I intend to change my food habits*

1. **Tanto/a/s….como *As many as***

**En mi casa no hay tantas chuches como en la casa de mis abuelos**

*At home there is not as many sweeties as in my grandparents´.*

1. ***RELATIVE CLAUSES***

**WHO (quien) , WHICH (que), WHERE(donde)*, WHOSE (cuyo)***

**En la habitación donde como…**

*In the room where I eat...*

**En la habitación que está cerca de la cocina….**

*In the bedroom that is near the kitchen...*

**La fruta que es roja….**

*The house which is red...*

**La tartera cuya tapa es roja…**

*The lunchbox whose cover is red*

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**Alas para volar**

**Wings to fly**

**Achieving A\* - B**

**Higher Structure Booklet**



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