

Estoy bien (Unidad 1)

In this chapter, you will learn:

- To discuss about your health.
- To present your opinions.
- Vocabulary human body and wellbeing.

1. Lee y marca (page 15):

Choose the option that best describes you. Count your points and read from page 200 how well you take care of your health.

- Compare your answers with your pair following the example.

2. Contesta (page 18):

Answer the questions:

1. Where do Alicia and Jorge meet?
2. How is Alicia doing?
3. How the time difference is affecting Alicia?
4. What is Jorge suggesting to Alicia?
5. Why is this Jorge's last day at work?
6. What plans does Jorge have?

3. A) Busca (page 18):

Find the expressions in the text. Write the verb expression in its regular form.

1. I'm feeling well.
2. Do you want (to).
3. I don't know.
4. Are you coming.
5. Let's go.
6. I'm satisfied.

3. B) Practica (page 18):

Practice the expressions from part A with your pair. Roll the dice twice. First roll decides the personal pronoun, second roll the verb. Conjugate the verb based on the personal pronoun from the first roll. Think of a continuation for the sentence.

4. A) Escribe (page 19):

What would you say when...

1. You ask your friend about their health or wellbeing?
2. You are tired?
3. You have a headache?
4. You don't sleep well?
5. You're going to have a coffee?
6. You are going on a holiday the next day?

4. B) Escribe y practica (page 19):

Work with your pair. Write down and perform a dialogue that includes all sentences from part A, as well as expressions from the box.

- The locals hang out and meet each other at the beach boulevard *El Malecón*.

5. Marca (page 22):

Mark down whether the statements are true (*sí*) or false (*no*). Correct the false statements.

1. The text is about happiness.
2. The writer gives advice on how to reach happiness.
3. According to the writer, a person must eat healthily in order to be happy.
4. According to the magazine articles, exercise increases happiness.
5. The writer is unhappy because he is not slim, young and good looking.
6. The commenter disagrees with the writer.

6. Busca y escribe (page 22):

Search the text for the opposites of words 1-4, and the words hinted at in 5-6.

- With your pair, make sentences using as many words from the exercise as possible.

7. Completa (page 23):

Jorge calls his uncle. Fill in the lines with the help of the clues.

1. I'm a little tired.
2. I'm not young.
3. You're in shape.
4. Do you exercise.
5. Enjoy the everyday life.
6. You're right.



Viejo/ -a,
Antiguo/ -a
= old.
Mayor
= old of age
(person).

8. Escribe (page 23):

Write a comment on *La felicidad* (p. 20). Read your comments in groups of 3-4.

Comunicación

Asking and telling about your wellbeing:

¿Cómo estás?

How are you?

¿Cómo te encuentras?

How do you feel?

¿Estás mejor?

Are you feeling better?

Bien, gracias.

Good, thank you.

Regular.

Regular.

Me encuentro mal.

I'm not feeling well.

Me duele la espalda

My back aches.

Me duelen las piernas.

My legs ache.

Estoy cansado/ -a.

I'm tired.

enfermo/ -a.

ill.

resfriado/ -a.

have a cold.

Tengo sueño.

I'm tired.

hambre.

I'm hungry.

sed.

I'm thirsty.

frío.

I'm cold.

calor.

I'm hot.

Reacting:

¡Ay, pobre!

You poor thing!

¡Qué bien!

Great!

¡Vaya!

What a shame!

¡Me alegro mucho!

Nice to hear

¡Que te mejores!

Get well soon!

¡Cuidate!

Take care!

¡Jesús!

Bless you!

Asking and expressing ideas:

¿Qué piensas/opinas (de)...?

What do you think (about)...?

Pienso/Creo que...

I think that...

En mi opinión...

In my opinion...

Tienes razón.

You are right.

Estoy de acuerdo.

I agree.

No sé.

I don't know.

9. Practica (page 25):

Perform the dialogue with your pair using the clues.

A)

B)

1. Greet. Ask you pair how he/she is doing.	2. Greet back. Tell how you're doing. Ask your pair how he/she is doing.
3. Tell that you are not doing well and that you are cold.	4. Ask your pair whether he/she is sick.
5. Tell that you are not, you are just tired and your back aches.	6. React. Ask you pair what he/she thinks about alternative medicine.
7. "Oh, I don't know". Tell that you rather exercise.	8. Tell that in your opinion it works. Wish a quick recovery.

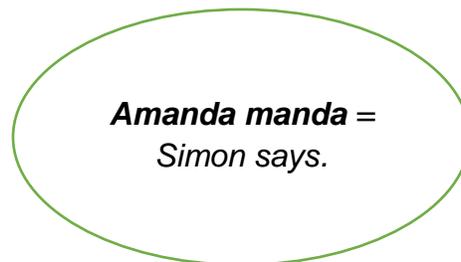
10. Completa (page 26):

Complete the drawing with missing words. You'll find help from the box.



11. Practica (page 26):

Play the *Amanda manda* game (Simon says) in groups of 5-8. One of the group is Amanda and tells the rest of the group what body parts to touch.



12. Escucha y marca (page 27):

Listen to the dialogues and choose the appropriate response.

- Listen one more time and check your answers. Write down what else you can find out from the dialogues.

13. Completa (page 28):

Complete the dialogue between Carlos and the pharmacist using the clues.

1. Headache.
2. Do you have a fever? (*Usted*)
3. Caught a cold.
4. Allergy.
5. I don't know.
6. Here you go.

- *Cuba is known for its high-quality healthcare. According to the World Health Organization, Cuba and Monaco has the highest number of doctors per citizen. The ratio is 7 doctors per 1000 citizens. In Finland, the ratio is 3 per 1000.*

14. Practica (page 28):

Discuss with your pair using the clues. Use the dialogue in exercise 13 as your model.

1. Backache - paracetamol/ibuprofen? - choose - plastic bag? - choose - 6,50
2. Allergy - hydrocortisone/aloe vera? - choose - plastic bag? - choose - 4,75

GRAMMAR (PAGE 29)

Underline the following parts from the conversation and answer the questions:

1. My throat hurts/aches.
2. Do your ears hurt?
3. His/her throat hurts/aches.

- When does the *doler*-verb conjugate in singular form (*duele*)? What about plural form (*duelen*)?

- Which of the verbs you already know act the same way?

Fill the table with the missing pronouns.

These pronouns are called indirect object pronouns. When you want to clarify or emphasize who's hurt, you also use the *a*-preposition and the stressed form of the personal pronoun or the person's name.

A mí me duele la espalda.

A Alicia ya no le duele la cabeza.

15. Escribe (page 30):

Create sentences using the given words.

16. Practica (page 30):

Tell your pair where it hurts in the following situations. Your pair reacts and chooses an appropriate advice from the box or comes up with one him/herself.

- Ask your pair how he/she is doing and give advice if necessary.

GRAMMAR (page 31)

With adjectives, both **ser** and **estar** verbs are used.

Read Alicia's and her father's phone conversation and answer the questions:

- ¡Hola, papá!
- Hola, hija. ¿Cómo estás?
- La verdad es que estoy muy cansada.
- ¡Pobrecita! ¿Estás enferma?
- No, no. Es por el viaje. Pero bueno, ¡estoy contenta de estar aquí!
- Oye, ¿y cómo es el piso de Miami? ¿Es bonito?
- Sí. No es muy grande pero me gusta.

Which verb is used when talking about one's feelings?

Which verb is used when talking about feats or characteristics, that do not change regardless of situation, like physical features or personal characteristics?

Often adjectives can be used with either of the verbs depending on the meaning of the sentence:

- | | |
|--------------------------|--|
| Ser delgado/ -a | to be skinny (talking about physique). |
| Estar delgado/ -a | to be in slim condition, having lost weight. |

Sometimes, the meaning of the adjective changes completely.

- | | |
|------------------------|--------------|
| Ser listo/ -a | to be smart. |
| Estar listo/ -a | to be ready. |

17. Marca (page 32):

Choose the right option. Justify your choice.

18. Escribe (page 32):

Continue the sentences with verb *ser* or *estar* and an adjective.

- *The atmospheric Cuban Casa de la Trovas are small concert places where people gather to listen to music played by local musicians.*

19. Lee y contesta (page 33):

Read Alicia's article and answer the questions:

1. What is celebrated in Miami's *el Carnaval de la Calle 8*?
2. What is *Calle 8*?
3. How big of a population of Latin American origin is there in the United States?
4. From where is the majority of the United States' Latin American population?

20. Escucha y contesta (page 33):

Listen and answer the questions