

Súper Nota

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LET'S LEARN ABOUT HEALTH AND GRAMMAR!

FROM YOUR HEAD TO YOUR VERBS

1. PARTS OF THE BODY

English	Español	Function (EN)	Función (ES)
Head	Cabeza	To think and control the body	Pensar y controlar el cuerpo
Eye	Ojo	To see	Ver
Ear	Oído	To hear	Escuchar
Nose	Nariz	To smell and breathe	Oler y respirar
Mouth	Воса	To eat and talk	Comer y hablar
Arm	Brazo	To lift and hold things	Levantar y sostener cosas
Hand	Mano	To grab and touch	Agarrar y tocar
Leg	Pierna	To walk and run	Caminar y correr
Foot	Pie	To stand and balance	Pararse y mantener el
Finger	Dedo	To touch and feel	Tocar y sentir



EXTERNAL PARTS





DID YOU KNOW?

- The human body has 206 bones and over 600 muscles, making it a powerful living structure!
- Your nose can remember 50,000 different smells.

ANATOMY SET brain lungs heart kidneys stomach liver

INTERNAL ORGANS

English	Español	Function (EN)	Función (ES)
Heart	Corazón	Pumps blood to the body	Bombea sangre a todo el cuerpo
Lungs	Pulmones	Help us breathe	Nos ayudan a respirar
Stomach	Estómago	Digests food	Digerir alimentos
Brain	Cerebro	Controls thoughts and actions	Controla pensamientos y



INTERESTING FACT

Your small intestine is about 6 meters (20 feet) long, making it longer than a car! Even though it's called 'small,' it's actually the longest part of your digestive system.



COMMON MEDICATIONS AND REMEDIES

WHAT MEDICINE DO YOU USE WHEN YOU HAVE STOMACH PAIN?

IN ENGLISH

we say "take medicine", not "drink medicine" – even when it's a liquid!

THE WORD

"pill" is very common, but children usually take "syrup" or "drops" instead.

WE USE

the verb "apply" for creams and sprays, and "take" for pills and syrups.



Remedy / Medication	Pronunciation	Spanish	Use in English	Uso en español
1.Chamomile tea	/ˈkæməˌmil/	Té de manzanilla	Soothes stomach	Alivia el estómago
2.Cough syrup	/kʌf ˈsɪrəp/	Jarabe para la tos	Used to calm	Se usa para calmar la tos
3.Chicken soup	/ˈtʃɪkɪn suːp/	Sopa de pollo	Traditional remedy for colds	Remedio tradicional para el
4.Cold medicine	/koʊld ˈmɛdəsɪn/	Medicina para el resfriado	Helps relieve cold symptoms Used for eye	Alivia síntomas del resfriado Para la irritación u
5.Eye drops	/aɪ drɑps/	Gotas para los ojos	irritation or Pain reliever, not	ojos secos Alivia el dolor, no
6.Aspirin	/ˈæsprən/	Aspirina	recommended Reduces stomach acidity	se recomienda en Reduce acidez estomacal
7.Antacid	/æntˈæsɪd/	Antiácido	Opens blocked nasal passages	Destapa las fosas nasales
8.Nasal spray	/ˈneɪzəl spreɪ/	Spray nasal	Reduces swelling and pain	Reduce inflamación y
9.lce pack	/aɪs pæk/	Bolsa de hielo		











- Chicken soup can actually reduce inflammation in the throat!
- Eye drops can remove allergens like pollen in seconds.

MINI DIALOGUE- AT DE PHARMACY

- A: Hello! What's wrong?
- B: I have a sore throat and a headache.
- A: You can take this cough syrup and a pill for the pain.
- B: Thank you! How often should I take them?
- A: Every 6 hours. Don't forget to drink lots of water.





PAST SIMPLE TENSE

Regular and Irregular Verbs + Sentence Forms + Spelling Rules



What is the Past Simple?

We use the past simple to talk about actions that happened and finished in the past.
Common time expressions: yesterday, last week, two days ago, in 2020...

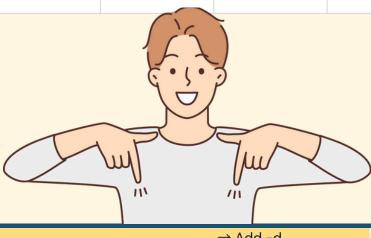


VERBS THAT ADD -ED AT THE END.

	Base Verb	Past Form	Example
•	play	played	l played soccer.
	watch	watched	She watched TV.
	clean	cleaned	They cleaned the room.

SPELLING RULES – REGULAR VERBS

Base verb	Rule Applied	Past Simple Form	Example
Play	Add -ed	Played	I played soccer.
Watch	Add -ed	Watched	She watched TV.
Dance	Add -d	Danced	They danced all night.
Stop	Double last consonant + - Change -y to - ied Double last consonant + - Add -d	Stopped	He stopped the car. We studied for the test. I planned a trip. She lived in
Study		Studied	
Plan		Planned	
Live		Lived	Paris.



- Regular verbs ending in -e → Add -d
- like → liked
- Consonant + y → Change y to i + ed
- study → studied
- Vowel + y → Just add -ed
- play → played
- Short vowel + one consonant →
 Double the consonant and add -ed
- stop → stopped
- Most others → Just add -ed
- cook → cooked

NEGATIVE FORM



IRREGULAR VERBS THEY DON'T FOLLOW RULES – YOU MUST MEMORIZE THEM.

Base Verb	Past Form	Example
go	went	We went to the park.
eat	ate	He ate an apple.
have	had	I had a cold.





DID YOU KNOW?

There are over 300 regular verbs in English, and they are the easiest to conjugate in the past.





Structure:

Subject + verb (past form) + complement

Examples:

- I played video games.
- She ate pizza.
- They went home.



Structure:

Subject + didn't + base verb+ complement

Examples:

- I didn't play yesterday.
- He didn't eat vegetables.
- We didn't go to school.



INTERROGATIVE FORM



Structure:

Did + subject + base verb + complement?

Examples:

- Did you play soccer?
- Did she eat her lunch?
- Did they go to the park?

