

## Vocabulario

### Talk About Staying Healthy

enfermo(a)	sick	levantar pesas	to lift weights
fuerte	strong	la salud	health
herido(a)	hurt	sano(a)	healthy

### Parts of the Body

la boca	mouth	la nariz	nose
el brazo	arm	(pl. las narices)	
la cabeza	head	el ojo	eye
el corazón (pl. los corazones)	heart	la oreja	ear
el cuerpo	body	el pie	foot
el estómago	stomach	la piel	skin
la mano	hand	la pierna	leg
		la rodilla	knee
		el tobillo	ankle

### Make Excuses

doler (ue)	to hurt, to ache
Lo siento.	I'm sorry.

### Other Words and Phrases

anoche	last night
ayer	yesterday
comenzar (ie)	to begin
terminar	to end
¿Qué hiciste (tú)?	What did you do?
¿Qué hicieron ustedes?	What did you do?

### Outdoor Activities

el bloqueador de sol	sunscreen	hacer esquí acuático	to water-ski
bucear	to scuba-dive	el mar	sea
caminar	to walk	la playa	beach
		tomar el sol	to sunbathe

## Gramática

Nota gramatical: The verb **doler** p. 330

### Preterite of Regular -ar Verbs

To form the **preterite** of a regular **-ar** verb, add the appropriate preterite ending to the verb's stem.

nadar	to swim
nadé	nadamos
nadaste	nadasteis
nadó	nadaron

### Preterite of -car, -gar, -zar Verbs

Regular verbs that end in **-car**, **-gar**, or **-zar** have a spelling change in the **yo** form of the preterite.

buscar	<b>c</b>	becomes	→	<b>qu</b>	(yo) busqué
jugar	<b>g</b>	becomes	→	<b>gu</b>	(yo) jugué
almorzar	<b>z</b>	becomes	→	<b>c</b>	(yo) almorcé

