

Rosa's Spanish Food Diary

Learning objective: To use Spanish vocabulary to describe food preferences and form simple sentences about meals.

Rosa the parrot wants to learn about what you like to eat! Use the Spanish vocabulary bank provided to fill in your food diary. Remember to use 'Me gusta' for things you like and 'No me gusta' for things you dislike. Try to use adjectives to describe the food and explain your reasons in English.

Word bank: el desayuno (breakfast) · el almuerzo (lunch) · la cena (dinner) · la manzana (apple) · el plátano (banana) · el pan (bread) · el queso (cheese) · la leche (milk) · delicioso (delicious) · saludable (healthy) · me gusta (I like) · no me gusta (I do not like)

1. What is your favourite meal of the day (desayuno, almuerzo, or cena)? Write a sentence in Spanish explaining what you eat and why you think it is healthy. (2 marks)

2. Identify one food item you dislike. Write a sentence in Spanish and justify your answer. Explain why you might choose a different food instead. (3 marks)

3. Compare and contrast two different foods from the list. Which one would be better for an athlete? Justify your choice using nutritional knowledge. (4 marks)

4. If you were hosting a Spanish-themed dinner for your friends, which three items from the word bank would you serve? Explain why these make a balanced meal. (3 marks)

5. What might happen if someone only ate one type of food for every meal? Explain the importance of a varied diet. (4 marks)

6. Design a new, healthy snack. Give it a name in Spanish and describe its ingredients. Why is it a better choice than a sugary snack? (5 marks)

Extension challenge: Create a 'Spanish Menu' for a week. Use a table to list your breakfast, lunch, and dinner for seven days. Calculate the total cost of your shopping list if each item costs £1.20. How much would you spend in total?