|  |  |
| --- | --- |
| Image of MyPyramid | **Realidades 3: La salud**j0410973**Capítulo 3-1: La alimentación**MyPyramid.govDepartamento de Agricultura de los Estados Unidos |

By the end of this chapter section**, students will be able to…**

|  |  |
| --- | --- |
| **ESCUCHAR**Comprehend spoken information and advice about food, diet, and nutrition | **LEER (GCA)**Comprehend written information about food, diet, and nutrition |
| **HABLAR** **(GCA – Interactive Speaking)**Give spoken advice to a friend or family member about food, diet, and nutrition | **ESCRIBIR** Give written advice to a friend or family member about food, diet, and nutrition |

By the end of this chapter, **students will…**

|  |  |
| --- | --- |
| **Know…** | **Understand…** |
| **Vocabulary related to:*** foods, diet, and nutrition
* giving advice

**Gramática:*** Review of **infinitive constructions**
* Review of **direct object pronouns**
* Review of **indirect object pronouns**
* Formation and uses of **affirmative** ***tú* commands** (regular and irregular)
* Formation and uses of **negative** ***tú* commands** (regular and irregular)
 | * The characteristics of a healthy and balanced diet based on the food pyramid
* Nutritional value of specific foods
* How a typical diet in Spanish-speaking countries compares to a typical diet in the United States.
* How a healthy diet compares to an unhealthy diet.
 |

Atracciones futuras:

* Cap. 3-2: Las enfermedades – las causas, los síntomas, y la prevención
* Cap. 3-3: La actividad física y el estrés

Vocabulario – Capítulo 3-1

**La dieta y la alimentación**

|  |
| --- |
| **los alimentos** |
| los alimentos |  |
| el guía pirámide de alimentos |  |
| los grupos de alimentos |  |
| **las verduras** |
| **las verduras** | **vegetables** |
| **las legumbres** (los frijoles, los guisantes, los cacahuates) | **legumes / vegetables in pods**  |
| el aguacate |  |
| el maíz |  |
| las espinacas |  |
| **las frutas** |
| la piña |  |
| la sandía |  |
| **los productos lácteos** |
| la leche de soya |  |
| la leche descremada |  |
| la leche entera |  |
| el queso |  |
| los alimentos ricos en (calcio) |  |
| **los granos** |
| el arroz integral |  |
| el pan integral |  |
| los granos enteros |  |
| **las carnes y frijoles** |
| **las carnes** |  |
| las carnes magras (el pollo, el pavo, la carne molida baja en grasa) |  |
| los frijoles |  |
| los mariscos |  |
| los camarones (las gambas, *España)* |  |
| el pescado |  |
| el atún |  |
| los huevos |  |
| la nuez; las nueces |  |

|  |
| --- |
| **aceites, dulces, y otros alimentos** |
| el aceite |  |
| el aderezo |  |
| las grasas |  |
| **la alimentación** |
| el calcio |  |
| la cantidad |  |
| el hábito alimenticio |  |
| el hierro |  |
| el nivel (alto nivel, bajo nivel) |  |
| el peso apropiado |  |
| el plan |  |
| el sodio |  |
| la alimentación |  |
| la comida basura |  |
| la comida grasosa |  |
| la dieta |  |
| la edad |  |
| la energía |  |
| la estatura |  |
| la fibra |  |
| la mitad |  |
| la proteína |  |
| la variedad |  |
| las etiquetas |  |
| la vitamina  |  |
| los carbohidratos |  |
| los consejos (el consejo) |  |
| una buena fuente de (proteína, vitamina C) |  |
| sin azúcar |  |
| sin grasa / descremado,-a |  |
| bajo,-a en grasa |  |
| **actividades relacionadas con la nutrición** |
| añadir |  |
| bajar de peso |  |
| cambiar |  |
| consumir |  |
| contener [i.e.] |  |
| enfocar |  |
| elegir [i] |  |
| evitar |  |
| incluir |  |
| mantener |  |
| mantenerse (sano) |  |
| medir [i] |  |
| planear |  |
| probar [ue] |  |
| saltar (una comida) |  |
| seguir (Yo sigo) |  |
| tomar |  |
| variar (*pres.* varío, varías, varía, variamos, varían) |  |
| vigilar |  |
|  |
| la moderación |  |
| la onza |  |
| la porción |  |
| la taza |  |
| media taza |  |
|  |
| congelado, -a |  |
| fresco, -a |  |
| frito, -a |  |
| seco,-a |  |
|  |
| equilibrado, -a |  |
| ligero,-a |  |
| nutritivo, -a |  |
| pesado,-a |  |
| saludable *(adj.; See vocabulary note)* |  |
| sano,-a *(adj. o adv.; See vocab note)* |  |
| **otras palabras importantes** |
| aunque |  |
| en vez de |  |
| demasiado,-a *(See vocabulary note)* |  |
| la manera |  |

|  |
| --- |
| **Demasiado,-a*****Demasiado*** can be used as an adjective or an adverb. When used as an adjective, there are multiple forms to agree with the noun it describes.* Used as an adjective (description of a noun): Forms change.

 *Él come demasiad****a*** *comid****a*** *grasos****a****.*  He eats **too much** greasy food. *Debes evitar demasiad****os*** *dulce****s*** *en la dieta.*You should avoid **too many** sweets in your diet.* Used as an adverb (description of an adjective): Form doesn’t change.

 *A menudo los restaurantes sirven porciones demasiado grandes.* Restaurants often serve portions that are **too** large.*Las papas fritas son demasiado grasosas.*French fries are **too** greasy.* ***Demasiado*** is NOT interchangeable with ***también***, meaning *too* or *also*.
* Used as an adverb (description of a verb): Form doesn’t change.

 *Desafortunadamente, comemos demasiado durante las Fiestas Navideñas.* Unfortunately, we eat **too much** during the Christmas holidays. *Es importante no comer demasiado.*It’s important not to eat **too much**.* *Mucho* works like *demasiado*.

 *Es importante comer much****as*** *verdur****as****. Used as adjective.* *La Sra. Martínez tiene una dieta con much****a*** *variedad. Used as adjective.* *Me gusta mucho las frutas cítricas. Used as adverb.* *No comí mucho ayer. Used as adverb.* |
| **Sano vs. Saludable*** ***Sano*** describes healthy people and animals.

*José es una persona sana.*  *Los gatitos son sanos.** ***Sano*** refers to healthy in terms of free of illness.

 *Luis y Lupe tienen una relación sana.* (not a disfunctional relationship) *Afortunadamente, mis abuelitos son sanos.* (They’re not ill.)* Only ***sano*** can be used as an adverb. (to describe a verb)

 *Debemos comer sano.* Describes *comer*. *Es importante vivir sano.* Describes *vivir*.* Both ***saludable*** and ***sano*** can be used in the sense ofbeneficial to health – healthy living, healthy diet.

 *Fumar no es sano. Fumar no es saludable.* *Es sano hacer deporte. Es saludable hacer deporte.* *Come una dieta sana. Come una dieta saludable.* *Vive de una manera sana. Vive de una manera saludable.* *Debemos comer las meriendas sanas. Debemos comer las meriendas saludables.* |

A ver si recuerdas: Capítulo 3-1 – La alimentación

|  |
| --- |
| **las verduras** |
| la cebolla |  |
| la ensalada |  |
| los guisantes |  |
| las judías verdes |  |
| la lechuga |  |
| la papa (la patata *España*) |  |
| la sopa de verduras |  |
| el tomate |  |
| la zanahoria |  |
| **las frutas** |
| las frutas cítricas |  |
| el jugo de naranja (el zumo *España)* |  |
| el melón |  |
| el plátano / el banano |  |
| la manzana |  |
| las fresas |  |
| las uvas |  |
| **las carnes y frijoles** |
| el bistec |  |
| el jamón |  |
| el pavo |  |
| el pescado |  |
| el pollo |  |
| el puerco |  |
| el tocino |  |
| la carne de res |  |
| las salchichas |  |
| **los granos** |
| el arroz |  |
| el cereal |  |
| el pan |  |
| el pan tostado |  |
| los espaguetis |  |
| **productos lácteos** |
| el helado |  |
| el yogur (el yogurt) *both spellings are used* |  |
| la leche |  |
| la leche de chocolate |  |
| **dulces y aceites** |
| el azúcar |  |
| el pastel |  |
| el postre  |  |
| la galleta |  |
| la mantequilla |  |
| **comiendo** |
| comer |  |
| beber |  |
| tomar |  |
| desayunar |  |
| almorzar [ue] |  |
| cenar |  |
| merendar [ie] |  |
| la comida |  |
| el desayuno |  |
| el almuerzo |  |
| la cena |  |
| la merienda; el bocadillo |  |
| **actividades** |
| cocinar |  |
| cortar |  |
| escoger |  |
| preparar |  |
| servir [i] |  |
| **descripciones** |
| bueno, -a / malo, -a para la salud |  |
| caliente |  |
| frío,-a |  |
| picante |  |
| horrible |  |
| ¡Qué asco!  |  |
| delicioso, -a |  |
| rico, -a |  |
| sabroso, -a |  |
| el sabor / los sabores |  |
| **otras frases y expresiones** |
| cada día |  |
| deber + *infinitivo* |  |
| diario,-a |  |
| para + *infinitivo* |  |
| por eso |  |
| tener que *+ infinitivo* |  |

**Vocabulario Suplementario: Más Alimentos y Palabras Adicionales**

|  |
| --- |
| **las verduras** |
| el apio | celery |
| el brócoli | broccoli |
| el puré de papas | mashed potatoes |
| la calabaza | pumpkin |
| la calabacita | zucchini squash |
| la coliflor | cauliflower |
| la papa dulce | sweet potato |
| **las frutas** |
| el limón | lime |
| el melocotón; el durazno | peach |
| el puré de manzana | applesauce |
| la mandarina | tangerine |
| la pera | pear |
| la toronja | grapefruit |
| las pasas | raisins |
| **las carnes y frijoles** |
| el bacalao | cod |
| la mantequilla de maní; la mantequilla de cacahuete *(España)*; la crema de cacahuate *(México)* | peanut butter |
| las albóndigas | meatballs |
| los garbanzos | chickpeas |
| los huevos revueltos | scrambled eggs |
| la chuleta de cerdo | pork chop |
| **los granos** |
| el pan árabe | pita bread |
| el panecillo | (bread) roll |
| la avena | oatmeal |
| la matecada | muffin |
| las galletas de trigo integral | whole-wheat crackers |
| las palomitas de maíz | popcorn |
| los fideos | noodles |
| los macarrones | macaroni |
| **alimentos adicionales** |
| el emparedado / el sándwich | sandwich |
| el pudín | pudding |
| la canela | cinnamon |
| la gelatina | *Jello* |
| **aparatos eléctricos en la cocina** |
| el horno | oven |
| el microondas | microwave |
| la estufa | stove |
| la arrocera | rice cooker |
| la licuadora | blender |
| **en el supermercado** |
| los alimentos congelados | frozen foods |
| el estante | rack |
| la escala | scale |
| la canasta de compras | shopping basket |
| el pasillo | aisle |
| las bebidas | beverages |
| los artículos de hogar | household goods |

**Vocabulario suplementario para cocinar**

|  |
| --- |
| **Las porciones** |
| la cucharada (cda – abreviación) | tablespoon |
| la cucharadita (cdita – abreviación) | teaspoon |
| la libra | pound |
| la onza | ounce |
| la porción | portion; serving |
| la rebanada | slice (of bread, of pineapple) |
| la taza | (measuring or coffee) cup |
| media taza | ½ cup |
| cuarta taza | ¼ cup |
| los pedazos / los pedacitos | pieces / small pieces |
| los trozos / los trocitos | pieces / small pieces |
| **Tipos de preparaciones** |
|  | a la parilla | grilled *(outdoors)* |
|  | a la plancha | grilled *(indoors)* |
| agregar |  | to add |
| aplastar | aplastado,-a | to crush |
| asar | asado,-a | to roast |
| calentar [ie] | calentado-a | to heat |
| cocer al vapor | cocido,-a al vapor  | to steam |
| colocar |  | to put or place  |
| combinar | combinado-a | to combine |
| cortar |  | to cut |
| cubrir |  | to cover |
| devolver | devuelto-a | to return |
| disolver | disuelto-a | to dissolve |
| dorar |  | to brown; to toast |
| enjuagar |  | to rinse |
| enrollar | enrollado-a | to roll |
| envolver | envuelto-a | to wrap |
| escurrir | escurrido-a | to drain |
| espolvorear |  | to sprinkle |
| freír [i] |  | to fry |
| hervir [ie] |  | to boil |
| hornear | horneado,-a | to bake |
| medir [i] | medido.-a | to measure |
| mezclar |  | to mix |
| picar |  | to dice or chop |
| repartir |  | to split |
| sofreír | sofrito,-a | to stir-fry |
| **otros adjetivos** |
| cocido,-a | cooked |
| crudo,-a | raw |
| crujiente | crunchy |
| enlatado,-a | canned |

***Gramática: A ver si recuerdas***

***Infinitive constructions***

An **infinitive** is a verb that is not conjugated. In Spanish, **infinitives** always end in **–ar, -er,** or **–ir**.

* To express **obligation**, these **verbs** are often followed infinitives:

|  |  |
| --- | --- |
| **deber** = to ought to; should**necesitar** = to need | **tener que** = to have to *(do something)* |

|  |  |
| --- | --- |
| **Debes** incluir pan integral en tu dieta. | ***You should include*** *whole grain bread in your diet.* |
| **Tengo que comer** más frutas y verduras. | ***I have to eat*** *more fruits and vegetables.* |
| Los niños **necesitan tomar** dieciséis onzas de leche cada día. | *Children* ***need to drink*** *sixteen onces of milk each day.* |

* **In impersonal expressions**. These **expressions** are often followed infinitives:

|  |  |
| --- | --- |
| **Es bueno** = It’s good**Es mejor** = It’s better**Es malo** = It’s bad**Es divertido** = It’s fun | **Es importante** = It’s important**Es interesante** = It’s interesting**Es necesario** = It’s necessary**Hay que** = One must  |

|  |  |
| --- | --- |
| **Es bueno consumir** alimentos que son nutritivos. | ***It’s good to consume*** *foods that are nutritious.* |
| **Es importante beber** agua cuando tienes sed.  | ***It’s important to drink*** *water when you are thirsty.* |
| **Es necesario beber** leche para tener huesos fuertes. | ***It’s necessary to drink*** *milk to have strong bones.* |
| **Hay que visitar** el sitio de Web [www.mypyramid.gov](http://www.mypyramid.gov).  | ***One must visit*** *the website* [*www.mypyramid.gov*](http://www.mypyramid.gov)*. .* |

***Gramática: A ver si recuerdas***

|  |
| --- |
| ***Para describir la comida: Ser vs. Estar***To describe the **general characteristics** of a type of food, use **SER**. * La sopa **es** caliente. (Soup **is** hot.)
* El helado **es** congelado. (Ice cream **is** frozen.)
* La paella **es** un plato español hecho de arroz, azafrán, mariscos, y verduras.

 (Paella **is** a Spanish dish made of rice, saffron, shellfish, and vegetables.)To describe **how a particular food tastes**, use **ESTAR**.* Esta sopa **está** deliciosa. (This soup **is** delicious.)
* ¡Qué asco! La sopa **está** fría. (Yuck! The soup **is** cold.)
* Estas galletas **están** ricas. (These cookies **are** delicious.)
 |

***Gramática: A ver si recuerdas***

|  |
| --- |
| ***bien vs. bueno (buen, buena, buenos, buenas)*** |
| * bien = well ***adverb***
* bueno, buen, buena, buenos, buenas = good *All forms of the same* ***adjective.***
 |
| **Adjectives (bueno/ -a / -os / -as)** | **Adverbs (bien)** |
| * Adjectives describe nouns.
* **Adjectives agree in gender & number with the nouns they modify.**
 | * Adverbs describe verbs (how something is/was done), adjectives, and other adverbs.
* **Adverbs do not change forms.**
 |
| ***bueno, buen, buena, buenos, buenas = good*** |
| 1. The **adjective** ***bueno*** *(buena, buenos, buenas)* can be placed either before or after the noun it modifies, but its placement affects the meaning.
2. ***Buen*** is a shortened form of the masculine, singular form bueno. It is used ONLY in front of a masculine, singular noun.

Carlitos es un **buen** estudiante. *Carlitos is a* ***good*** *student.* * The emphasis is on what kind of student he is. He works hard and gets good grades.
* The shortened form *buen* is used because it goes before *estudiante*, a masculine, singular noun.
* *Buen* is an adjective describing *estudiante*.

Carlitos es un estudiante **bueno**. *Carlitos is a* ***good person*** *who is a student.** The emphasis is that he is a GOOD and noble person.
* *Bueno* is NOT shortened because is it placed after the noun.
* *Bueno* is an adjective describing *estudiante*.
 |
| 1. Do not overuse the word ***bueno*** and its forms. Use better, more descriptive adjectives.
2. Especially don’t use ***bueno*** to describe food. Instead, use *rico, sabroso,* or *delicioso*.
	* La ensalada está sabrosa. (not buena)
	* Las naranjas están ricas. (not buenas)
 |
| 1. But you can say, …
	* Las frutas y verduras son muy **buenas** para la salud.
	* *Fruits and vegetables are very* ***good*** *for your health.*
 |
| ***bien = well*** |
| 1. ***Bien* is an adverb**, not an adjective. Adverbs do NOT describe nouns; they describe verbs, adjectives, and other adverbs.
2. The most common use of *bien* is to describe a verb.
 |
| Adela no come **bien** porque come mucho azúcar y grasas en su dieta.*Adela doesn’t eat* ***well*** *because she eats a lot of sugar and fats in her diet.** *Bien*describes how she eats (or doesn’t eat). It describes the verb *come*.
 |

***Bien = answers HOW, Bueno = answers WHAT KIND?***

***Gramática: A ver si recuerdas***

***mucho vs. muy vs. más***

* muy = very (Estoy **muy** cansado. La leche es **muy** nutritiva.)
* mucho = a lot (No como **mucho**. Él corre **mucho**.
* mucho / mucha / muchos / muchas + noun = a lot of… (No como **muchas** frutas. Compramos **mucha** carne.)
* más = more, anymore (Necesito comprar **más** pan. No como la comida basura **más**.)

Las frutas tienes **muchas** vitaminas. *Fruits have* ***a lot of*** *vitamins.*

*Muchas* is an adjective used to describe the *vitaminas*. It is feminine, plural in form to agree with *vitaminas.*

La leche tiene **mucho** calcio. *Milk has* ***a lot of*** *calcium.*

*Mucho* is an adjective used to describe the *calcio*. It is masculine, singular in form to agree with *calcio.*

Comimos **mucho**. *We ate* ***a lot****.*

*Mucho* is an adverb, describing the verb *comimos.*

Tengo **mucha** hambre. *I’m very hungry.* ***Literally****, I have* ***a lot of*** *hunger.*

*Mucha* is an adjective used to describe the *hambre*. It is feminine, singular in form to agree with *hambre.*

La sopa estaba **muy** sabrosa. *The soup was* ***very*** *delicious.*

*Muy* is an adverb describing the adjective *sabrosa.*

¡Esta salsa es **muy** picante! *This salsa is* ***very*** *hot!*

*Muy* is an adverb describing the adjective *picante.*

¿Quieres **más** postre? *Do you want* ***more*** *dessert?*

*Más* is an adjective describing the noun *postre.*

No, gracias. No debo comer **más**. *No, thank you. I shouldn’t eat* ***(any)more****.*

*Más* is an adverb describing the verb *comer.*

Estas fresas son **las más ricas** de la estación. *These strawberries are* ***the most delicious***

*Más* is an adverb describing the adjective *ricas.* ***ones*** *of the season.*

Este helado de chocolate es **más rico que** ese helado de fresa.

*This chocolate ice cream is* ***more delicious than*** *that strawberry ice cream.*

 *Más* is an adverb describing the adjective *rico.*

***Gramática nueva***

Mandatos – Commands

Telling people what to do (and what not to do)

|  |  |
| --- | --- |
| Tú affirmative* **Use the 3rd person singular form of the present tense** (él, ella, Ud. form)
* **Irregular verbs** = di (decir), ve (ir), sé (ser), sal (salir), haz (hacer), ten (tener), ven (venir), pon (poner) and mantén (mantener)

caminar 🡪 caminajugar 🡪 juegaabrir 🡪 abrepedir 🡪 pidetomar 🡪 toma comer 🡪 comeescoger 🡪 escogeir 🡪 veseguir 🡪 sigue | Tú negative* **Start with the “yo,” Take off the “o,” Opposite ending and No! No! No!** (Opposite ending for –ar verbs = -es, -er/-ir verbs = -as)
* **Irregular verbs** = No des (dar), No estés (estar), No vayas (ir), No seas (ser)
* **Verbs ending in –car, -gar, and –zar** have spelling changes (sacar 🡪 no saques, llegar 🡪 no llegues, cruzar 🡪 no cruces)

hablar 🡪 no hablessubir 🡪 no subassalir 🡪 no salgasescoger 🡪 no escojascomer 🡪 no comas saltar 🡪 no saltesir 🡪 no vayasseguir 🡪 no sigas |
| Tú affirmative commands are easy – just use the “tú” form, minus the “s.”**Compare:** | **Watch out for verbs with irregular “yo” forms!** |
| comes = you eat* escribes = you write
* consumes = you consume
* investigas = you investigate
* tomas = you take
* eliges = you select
* escoges = you choose
* sirves = you serve
 | * come = eat!
* escribe = write!
* consume = consume!
* investiga = investigate!
* toma = take!
* elige = select!
* escoge = choose!
* sirve = serve!
 | * **-go 🡪** tengo, pongo, salgo, vengo, traigo, hago, caigo, sigo, valgo
* **-cer / -cir 🡪 -zco 🡪** conozco, ofrezco, pertenezco, conduzco, traduzco, crezco, establezco, parezco
* **-ger, -gir 🡪 -jo 🡪** recojo, escojo, protejo, dirijo, exijo, emerjo, elijo
* **otros** = caber 🡪 quepo, ver 🡪 veo
 |

***Completa las tablas con los mandatos familiares irregulares.***

|  |  |  |
| --- | --- | --- |
| **Infinitivo en español** | **Mandatos afirmativos irregulares** | **Significado en inglés** |
|  |  |  |
|  |  |  |
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|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
| mantener | *mantén* |  |



**Mandatos afirmativos y negativos con tú**

|  |  |  |  |
| --- | --- | --- | --- |
| **verbo** | **meaning** | **aff. tú (+)** | **neg. tú (-)** |
| **bajar** | to lower, go down | baja | no bajes |
| **beber** | to drink | bebe | no bebas |
| **cambiar** | to change; to exchange | cambia | no cambies |
| **comer** | to eat | come | no comas |
| **comprar** | to buy | compra | no compres |
| **consumir** | to consume | consume | no consumas |
| **cortar** | to cut | corta | no cortes |
| **dar** | to give | da | no des |
| **elegir** | to select, choose | elige | no elijas |
| **enfocar** | to focus | enfoca | no enfoques |
| **escoger** | to choose | escoge | no escojas |
| **estar** | to be | está | no estés |
| **evitar** | to avoid | evita | no evites |
| **hacer** | to make; to do | haz | no hagas |
| **incluir** | to include | incluye | no incluyas |
| **ir** | to go | ve | no vayas |
| **leer** | to read | lee | no leas |
| **mantener** | to maintain | mantén | no mantengas |
| **poner** | to put, to place | pon | no pongas |
| **preparar** | to prepare | prepara | no prepares |
| **prestar** | to pay (attention) | presta | no prestes |
| **salir** | to leave, to go out | sal | no salgas |
| **seguir** | to follow | sigue | no sigas |
| **saltar** | to skip (a meal) | salta | no saltes |
| **servir** | to serve | sirve | no sirvas |
| **tener** | to have | ten | no tengas |
| **tomar** | to take | toma | no tomes |
| **variar** | to vary | varía | no varíes |
| **venir** | to come | ven | no vengas |
| **vigilar** | to watch (out for) | vigila | no vigiles |

# Direct Object Pronouns

## Pronombres de complemento directo

|  |  |
| --- | --- |
| **me** | **nos** |
| **te** | **os** |
| **lo, la** | **los, las** |

* Tell who or what receives the action of the verb. (Paul bought some flowers. Bought what? **Flowers)**
* They are used to replace a noun in order to avoid repetition. (Paul bought some flowers. He gave the flowers to his wife. 🡪 He gave **them** to his wife.)

# Indirect Object Pronouns

## Pronombres de complemento indirecto

|  |  |
| --- | --- |
| **me** | **nos** |
| **te** | **os** |
| **le** | **les** |

* Tell to whom or for whom the action is performed.(Paul bought some flowers for his wife. For whom? **His wife)**
* Because ***le***and ***les*** can be ambiguous, sometimes *a + Ud. / él / ella /* or a noun is used to clarify.
	1. El medico **le** dio una inyección **a ella**.
	2. ¿Quién **les** trajo las medicinas **a ustedes**?
	3. La enfermera **le** trajo la radiografía **al medico**.
* Indirect Object Pronouns are used with the verbs *gustar, encantar,* and *doler*. ***Me*** *gusta ir al cine.* ***Nos*** *encantan los dulces. A Jorge* ***le*** *duele la pierna.*
* Indirect Object Pronouns are used with the verbs *gustar, encantar*, and *doler*.
	1. Me duele el brazo. (My arm hurts me.)
	2. A los niños no les gustan las inyecciones. (Shots are not pleasing to children.)

More on Indirect Object Pronouns

***and how they are different from Direct Object Pronouns***

**Direct Objects** are what the verb directly acts upon. The **Indirect Object** is the person or thing in a sentence that the Direct Object is intended for. **Indirect Objects** **indicate to whom or for whom an action is performed.**

Bill hit *the ball*. (the ball = D.O.)

Bill hit *the ball* to **Sherry**. (Sherry = I.O.)

I wrote *a letter*. (a letter = D.O.)

I wrote *a letter* to **my friend Sharon**. (my friend Sharon = I.O.)

**Pronoun placement**

**Where are these pronouns placed (positioned) in a sentence?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Reflexive pronouns** |  | **Direct Object pronouns** |  | **Indirect object pronouns** |
| **me** | **nos** |  | **me** | **nos** |  | **me** | **nos** |
| **te** | **os** |  | **te** | **os** |  | **te** | **os** |
| **se** | **se** |  | **lo, la** | **los, las** |  | **le** | **les** |

* With a **conjugated verb or with a negative command** (but NOT with an affirmative command):

The pronoun goes **immediately before the conjugated verb**.

-- Do you have the book today? *--¿Tienes el libro hoy?*

-- No, I don’t have it. *-- No, no lo tengo.*

*­*Don’t tell her. *No le digas.*

Don’t eat it. *No lo comas.*

* In the following cases,there is a choice of where to place the pronoun.
* With **Infinitivos** (hacer, comer, hablar)
* With **Present participles** (haciendo, comiendo, hablando)

The pronouns may be placed **either before the conjugated verb OR attached to the end of the infinitive or the present participle.**

I have to do it. *Tengo que hacerlo. / Lo tengo que hacer.*

I’m going to speak to her. *Voy a hablarle. / Le voy a hablar.*

I’m doing it. *Estoy haciéndolo. / Lo estoy haciendo.*

I’m speaking to her. *Estoy hablándole. / Le estoy hablando.*

* With **Affirmative Commands**

These pronouns (reflexive, direct object, & indirect object) **MUST be attached to the end of the verb form.**  It is necessary to add an accent *if the word has more than 2 syllables*.

Do it. (la tarea) *Hazla.*

Speak with her. *Háblale.*

 Eat them. (peas) *Cómelos.*

Tell me. *Dime.*

 Give me it. (el lápiz) *Dámelo.*

Stay healthy. *Mantente sano.* (Does not add accent when the pronoun in

 added because the stress is on the middle syllable in this word

 – *Man****ten****te.*)