|  |  |
| --- | --- |
| Image of MyPyramid | **Realidades 3: La salud**  j0410973  **Capítulo 3-1: La alimentación**  [MyPyramid.gov](http://www.mypyramid.gov/sp-index.html)  [Departamento de Agricultura de los Estados Unidos](http://www.usda.gov/) |

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***

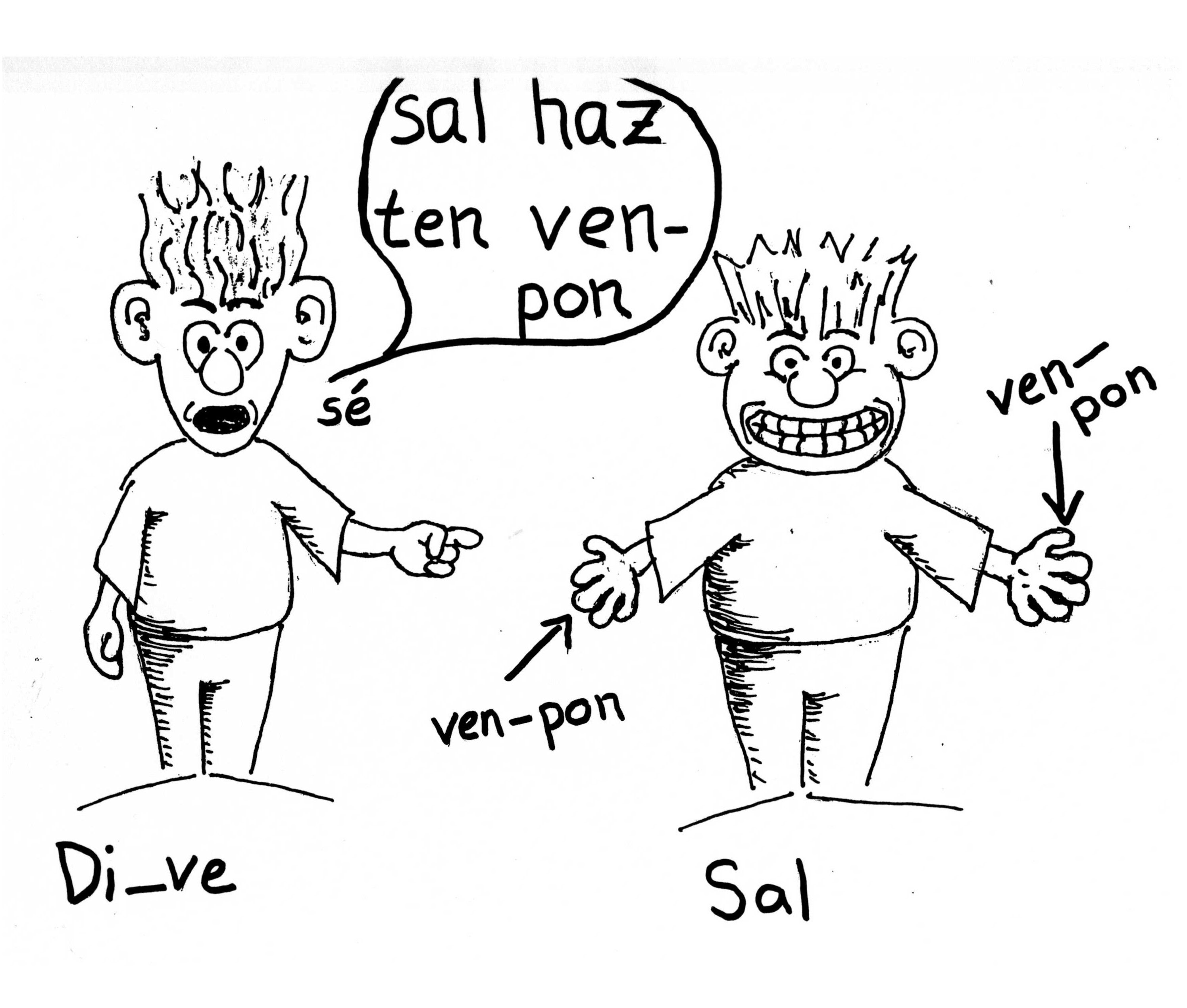
Mandatos – Commands

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 🡪 camina  jugar 🡪 juega  abrir 🡪 abre  pedir 🡪 pide  tomar 🡪 toma  comer 🡪 come  escoger 🡪 escoge  ir 🡪 ve  seguir 🡪 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 hables  subir 🡪 no subas  salir 🡪 no salgas  escoger 🡪 no escojas  comer 🡪 no comas  saltar 🡪 no saltes  ir 🡪 no vayas  seguir 🡪 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.*)