

Kann ich's wirklich?

Can you express approval? (p. 100)

- 1 How would you react if your friend told you that he or she
- lives in a healthy way?
 - eats properly?
 - exercises regularly?

Can you express disapproval? (p. 100)

- 2 How would you react if your friend told you that he or she
- does not live in a healthy manner?
 - does not get enough exercise?
 - doesn't eat right?
 - gets too little sleep?

Can you ask for information and respond to a question emphatically? (p. 107)

- 3 How would someone ask you if you
- play sports?
 - eat correctly?
 - exercise?

- 4 How would you respond emphatically to the questions in Activity 3 by saying that you
- play sports every week?
 - eat fruit and vegetables every day?
 - exercise every morning?

Can you agree with reservations? (p. 107)

- 5 How would you respond in the following situations?
- Your mom accuses you of eating too much chocolate, but you know that you also eat a lot of fruit.
 - Your friend tells you that you watch too much television, but you also exercise three times a week.
 - Your doctor says that you eat too much meat, but you tell him that you eat only lean meat.

Can you ask and tell what you may and may not do, using dürfen? (p. 110)

- 6 How would you tell someone that you
- may not eat meat?
 - may not drink alcohol?
 - may eat cheese?
 - may not eat chocolate because you are allergic to it?

Erste Stufe

Expressing approval

Es ist prima, dass ...	<i>It's great that ...</i>
Ich finde es toll, dass ...	<i>I think it's great that ...</i>
Ich bin froh, dass ...	<i>I'm happy that ...</i>
Ich freue mich, dass ...	<i>I'm happy that ...</i>

Expressing disapproval

Es ist schade, dass ...	<i>It's too bad that ...</i>
Ich finde es nicht gut, dass ...	<i>I think it's bad that ...</i>

For your health

sich fit halten	<i>to keep fit</i>
sehr gesund leben	<i>to live in a very healthy way</i>
sich ernähren richtig	<i>to eat and drink proper(ly)</i>
viel für die Gesundheit tun	<i>to do a lot for your health</i>

vernünftig essen	<i>to eat healthy foods</i>
genügend schlafen	<i>to get enough sleep</i>
er/sie schläft	<i>he/she sleeps</i>
Gymnastik machen	<i>to exercise</i>
keinen Alkohol trinken	<i>not to drink alcohol</i>
die Sonne vermeiden	<i>to avoid the sun</i>
nicht rauchen	<i>not to smoke</i>
viel Obst essen	<i>to eat lots of fruit</i>
jeden Morgen joggen	<i>to jog every morning</i>
Rad fahren (sep)	<i>to bicycle</i>
Where?	
an der Schule	<i>at school</i>
in der Klasse	<i>in class</i>
in der Clique	<i>in the clique</i>

Wortschatz

in dieser Stadt	<i>in this city</i>
in der (Basketball-)mannschaft	<i>on the (basketball) team</i>

Talking about how you feel

sich fühlen	<i>to feel</i>
ganz wohl	<i>extremely well</i>
sehr, nicht, nicht sehr wohl	<i>very, not, not very well</i>
überhaupt nicht wohl	<i>not well at all</i>
großartig	<i>wonderful</i>
super-toll	<i>really great</i>

Reflexive pronouns, accusative case

mich	<i>myself</i>
dich	<i>yourself</i>
sich	<i>herself, himself</i>
uns	<i>ourselves</i>
euch	<i>yourselves</i>
sich	<i>themselves, yourself, yourselves</i>

Zweite Stufe

Asking for information

Ich habe eine Frage: ...	<i>I have a question: ...</i>
Sag mal, ... (Essen Sie) eigentlich ...?	<i>Tell me, ... Do you really (eat) ...?</i>
Wie steht's mit ...?	<i>So what about ...?</i>
Darf ich euch etwas fragen?	<i>May I ask you something?</i>

Responding emphatically

Ja, natürlich!	<i>Certainly!</i>
Na klar!	<i>Of course!</i>
Doch!	<i>Yes, I do!</i>

Agreeing with reservations

Ja, das kann sein, aber ...	<i>Yes, maybe, but ...</i>
Das stimmt, aber ...	<i>That's true, but ...</i>

Eigentlich schon, aber ...	<i>Well yes, but ...</i>
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When?

selten	<i>seldom</i>
meistens	<i>most of the time</i>
gewöhnlich	<i>usually</i>
normalerweise	<i>normally</i>
wenig	<i>little</i>

Dritte Stufe

Food items

die Speise, -n	<i>food</i>
der Blumenkohl	<i>cauliflower</i>
der Brokkoli	<i>broccoli</i>
die Möhre, -n	<i>carrot</i>
der Pilz, -e	<i>mushroom</i>
die Kirsche, -n	<i>cherry</i>
die Aprikose, -n	<i>apricot</i>
die Erdbeere, -n	<i>strawberry</i>
die Blaubeere, -n	<i>blueberry</i>
die Forelle, -n	<i>trout</i>
das Rindfleisch	<i>beef</i>

das Huhn, -er	<i>chicken</i>
der Reis	<i>rice</i>

Saying why you don't eat something

hat zu viel Fett	<i>has too much fat</i>
hat zu viele Kalorien	<i>has too many calories</i>
macht dick	<i>is fattening</i>
es schmeckt mir nicht	<i>it doesn't taste good</i>
allergisch sein gegen	<i>to be allergic to</i>

nicht gut für die Gesundheit	<i>not good for your health</i>
ungesund	<i>unhealthy</i>
alles	<i>everything</i>

Asking or telling what you may or may not do

dürfen	<i>to be allowed to, may (for the forms of dürfen, see page 111.)</i>
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