

# Module 5 Translations

## 1. Translate to English.

Me gusta mucho la fruta y me encanta el pescado porque es muy sano y delicioso. Cada día como arroz y bastante carne, aunque a veces prefiero comer pasta porque es rica y fácil de preparar. Normalmente bebo agua o zumo, pero nunca bebo refrescos porque no son buenos para la salud. Tampoco como caramelos ni pasteles porque intento llevar una dieta sana. Sin embargo, de vez en cuando como un poco de chocolate porque soy adicto al dulce.

---

---

---

---

---

---

---

Para estar en forma hago mucho ejercicio. Todos los días salgo a correr y tres veces a la semana hago atletismo con mis amigos. A veces juego al baloncesto en el polideportivo, pero casi nunca juego al rugby porque no me gusta. También hago artes marciales porque me ayudan a mantenerme fuerte y concentrado. No obstante, nunca como comida rápida después de entrenar porque prefiero comer fruta y verduras. Me gusta mucho sentirme sano y activo.

---

---

---

---

---

---

---

---

---

---

---

---

## 2. Translate to Spanish.

In the morning I get up at half past seven, have a shower, and get dressed quickly. Then I have cereal with fruit and a glass of milk for breakfast. At half past eight I go to school and study until three o'clock. After school, if I have time, I train with my friends or go running in the park. Later I do my homework and finally have dinner with my family. I like having an active routine because it helps me organise my day.

---

---

---

---

---

---

---

---

To have a healthy diet you must sleep well, drink water often, and eat more fruit and vegetables. You should also train for an hour a day and avoid junk food. However, you mustn't smoke or drink alcohol because they are very bad for your health. Normally I follow this advice, but today I don't feel well. I'm tired and have a cough. My throat and eyes hurt, so I'm going to rest and drink plenty of water. I hope to feel better tomorrow.

---

---

---

---

---

---

---

---