**Translate using (Ud.) Commands and pronouns. (these are reflexive verbs)**

1. Don’t fall asleep.
2. Take a bath.
3. Put them on. (masculine)
4. Wake up.
5. Don’t lie down.

**Dame 3 consejos para ayudar a maria.**

María quiere bajar de peso.

1.

2.

3.

**Translate using commands and health vocabulary.**

1. Don’t skip meals.
2. Eat a balanced diet.
3. Eat a healthy snack

**Match the vocabulary with the correct letter. Write capital letters out.**

1.El corazón 2.tomar 3.los alimentos 4. El consejo

5.El músculo 6.el calambre 7.saludable 8.confianza en si mismo

9. desarrollar

A. to take, drink C.food B. cramp H. heart

E. healthy D. muscle F. advice G. Self- confidence

I. to develop