



ES.W2 Theme 2.2: Healthy living and lifestyle - Writing

AQA 8692 · Calculators not allowed · about 45 minutes

Total Marks

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Name: _____ Date: ____ / ____ / ____

Question 1 is the Foundation tier task: write approximately 90 words in Spanish. Question 2 is the Higher tier task: write approximately 150 words in Spanish. Answer the question that matches your tier, or attempt both for practice. Question 3 is a short structured writing task: answer each bullet point with a short response in Spanish. Question 4 asks you to translate five sentences into Spanish.

- 1** Foundation tier. You are writing an email to a Spanish exchange student about your lifestyle and health. Write approximately 90 words in Spanish. You must include the following points:
- lo que sueles comer en un día normal
 - qué deporte o ejercicio practicas
 - una opinión sobre la comida rápida
 - un cambio que quieres hacer para llevar una vida más sana

(Total for Question 1 is 20 marks)

- 2** Higher tier. You are writing an article for a Spanish teenage health magazine about lifestyle and wellbeing. Write approximately 150 words in Spanish. You must include the following points:
- cómo es tu estilo de vida actualmente
 - cómo ha cambiado tu forma de comer o de hacer ejercicio en los últimos años
 - qué planes tienes para mejorar tu salud en el futuro
 - tu opinión sobre la presión que sienten los jóvenes respecto a la imagen corporal, con razones

(Total for Question 2 is 28 marks)

3 You are filling in a short lifestyle questionnaire for a Spanish school project. Answer each question below with a short response in Spanish (one or two sentences).

(a) ¿Qué desayunas normalmente? (2)

(b) ¿Practicar algún deporte? (2)

(c) ¿Cuántas horas duermes cada noche? (2)

(d) ¿Qué haces para relajarte? (2)

(Total for Question 3 is 8 marks)

4 Translate these sentences into Spanish.

(a) I try to eat healthily, but sometimes I eat chocolate. **(3)**

(b) Yesterday I did an hour of exercise at the gym. **(3)**

(c) If I ate more vegetables, I would feel healthier. **(4)**

(d) My doctor wants me to sleep more and to reduce my stress. **(2)**

(Total for Question 4 is 12 marks)

Mark scheme · ES.W2 Theme 2.2: Healthy living and lifestyle - Writing

Question 1

- **Content and communication (AO4, 10 marks)**

- **Level 3** (8-10): All four bullet points covered with relevant detail; the email communicates clearly throughout; the opinion on fast food is clearly expressed and justified.
- **Level 2** (4-7): Most bullet points covered, though development may be thin on one or two; the email is mostly clear; an opinion is given but the justification may be brief or missing.
- **Level 1** (1-3): One or two bullet points covered in a basic way; the email has some clarity but gaps in meaning may occur; little or no opinion is offered.
- **Level 0** (0): No creditable content, or the response is entirely irrelevant to the task.

- **Range and accuracy of language (AO4, 10 marks)**

- **Level 3** (8-10): A good range of vocabulary and structures, including at least one opinion phrase and one connective beyond 'y'/'pero'; verbs are mostly correctly formed and agree with their subject; errors do not hinder understanding.
- **Level 2** (4-7): Some variety of vocabulary and structures; verbs are mostly recognisable though with some agreement or spelling errors; meaning is usually clear despite errors.
- **Level 1** (1-3): Limited, repetitive vocabulary and structures; frequent verb errors; meaning is sometimes unclear.
- **Level 0** (0): Language too limited or inaccurate to communicate meaning.

- **Indicative content:**

- A description of a typical day's meals using the present tense, e.g. 'Normalmente desayuno cereales y como fruta a mediodía'.
- Mention of a sport or exercise practised regularly, e.g. 'Juego al fútbol dos veces por semana' or 'Voy al gimnasio los sábados'.
- An opinion on fast food using an opinion phrase, e.g. 'Creo que la comida rápida no es buena para la salud' / 'En mi opinión, hay que comerla con moderación'.
- A justifying clause introduced by 'porque', e.g. 'porque tiene mucha grasa y azúcar'.
- A change they want to make, using the conditional or 'me gustaría' or 'ir a + infinitive', e.g. 'Me gustaría dormir más horas' / 'Voy a beber más agua'.
- Use of 'debería' or 'tengo que' to express a health-related obligation, e.g. 'Debería hacer más ejercicio'.
- A connective beyond 'y'/'pero', e.g. 'aunque', 'sin embargo', 'además', to link ideas within or across sentences.

Question 2

- **Content and communication (AO4, 16 marks)**

- **Level 4** (13-16): All four bullet points covered with well-developed detail and a clear personal voice; ideas are linked coherently; the article is fully relevant and communicates with precision.
- **Level 3** (9-12): All four bullet points covered, though development may be uneven; communication is clear with only occasional loss of precision.
- **Level 2** (5-8): Most bullet points covered but with limited development; communication is generally clear though some ideas may be underdeveloped or list-like.
- **Level 1** (1-4): One or two bullet points covered in a basic way; communication is patchy, with noticeable gaps in meaning.

- **Range and accuracy of language (AO4, 12 marks)**

- **Level 4** (10-12): A wide range of vocabulary and complex structures; a genuine spread of tenses (past, present and future/conditional) used accurately; minor errors only, never obscuring meaning.
- **Level 3** (7-9): A good range of vocabulary and some complex structures; at least two different time frames attempted with general accuracy; errors occasionally affect precision but not overall understanding.
- **Level 2** (4-6): Some variety of vocabulary; mostly simple structures with limited attempts at other time frames; verb errors are frequent but meaning is usually recoverable.
- **Level 1** (1-3): Narrow, repetitive vocabulary confined mostly to the present tense; frequent errors that sometimes prevent understanding.

- **Indicative content:**

- Present-tense description of current lifestyle, e.g. 'Llevo una vida bastante activa: como de forma equilibrada y hago ejercicio con regularidad'.
- Past-tense account of how eating or exercise habits have changed, e.g. 'Antes comía muchos dulces y no hacía deporte, pero desde hace un año voy al gimnasio tres veces por semana'.
- Future or conditional plans to improve health, e.g. 'El próximo curso, intentaré dormir más horas, y me gustaría aprender a cocinar platos más sanos'.
- An opinion on body-image pressure with a developed reason, e.g. 'En mi opinión, las redes sociales crean una presión enorme sobre los jóvenes, porque muestran imágenes poco realistas del cuerpo perfecto'.
- Use of a subordinate clause with 'porque', 'ya que' or 'aunque' to justify an opinion in depth.
- A concluding sentence that draws the points together, e.g. 'En resumen, cuidar la salud física y mental es tan importante como el aspecto físico'.
- Accurate use of at least one comparative or superlative, e.g. 'Ahora me siento mucho más sano que antes'.

Question 3

- (a) **B1** Content: names at least one plausible breakfast food or drink
- (a) **B1** Accuracy: desayunar or a related verb correctly conjugated in the first person
- **(a) Answer: Normalmente desayuno tostadas con mermelada y un zumo de naranja.**
- (b) **B1** Content: names a plausible sport or activity
- (b) **B1** Accuracy: jugar a + sport or practicar + sport correctly conjugated
- **(b) Answer: Sí, juego al baloncesto todos los sábados por la mañana.**
- (c) **B1** Content: gives a plausible number of hours of sleep
- (c) **B1** Accuracy: dormir correctly conjugated in the first person (stem change o to ue)
- **(c) Answer: Duermo unas ocho horas cada noche.**
- (d) **B1** Content: gives a plausible relaxing activity
- (d) **B1** Accuracy: a present-tense verb correctly conjugated in the first person
- **(d) Answer: Para relajarme, escucho música o doy un paseo por el parque.**

Question 4

- (a) **B1** 'Intento comer sano' for I try to eat healthily, intentar + infinitive
- (a) **B1** 'pero a veces como chocolate' for but sometimes I eat chocolate
- (a) **B1** correct present-tense conjugation of comer in both clauses
- **(a) Answer: Intento comer sano, pero a veces como chocolate.**
- (b) **B1** 'Ayer hice una hora de ejercicio' for yesterday I did an hour of exercise, preterite of hacer
- (b) **B1** 'en el gimnasio' for at the gym
- (b) **B1** correct irregular preterite form hice (not the regular 'hací')
- **(b) Answer: Ayer hice una hora de ejercicio en el gimnasio.**
- (c) **B1** 'Si comiera más verduras' for if I ate more vegetables, imperfect subjunctive of comer in the si-clause
- (c) **B1** 'me sentiría' for I would feel, conditional of sentirse
- (c) **B1** correct reflexive pronoun me attached to sentirse
- (c) **B1** 'más sano/sana' for healthier (allow either gender agreement)
- **(c) Answer: Si comiera más verduras, me sentiría más sano.**
- (d) **B1** 'Mi médico quiere que duerma más' for my doctor wants me to sleep more, present subjunctive of dormir after querer que
- (d) **B1** 'y que reduzca el estrés' for and reduce my stress, present subjunctive of reducir
- **(d) Answer: Mi médico quiere que duerma más y que reduzca el estrés.**