

# TalkAbroad - Student Workbook

## SPAN 102 – Beginner Spanish II

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### Overview

2 15-minute conversations

Topics: Places & Clothing, Daily Routing & Food

- Review: Pre-conversation activities
- Interact: Conversation outlines
- Reflect: Post-conversation activities

Purpose: TalkAbroad will coordinate regular conversation practice for you with native speakers during the semester. This workbook will guide you through that process with preparation activities, conversation topics, and reflection activities.

### Student Quick Setup

Step-by-step instructions with screenshots are located in the section labeled [Detailed Student Setup](#) at the end of this document.

1. Navigate to [talkabroad.com](http://talkabroad.com)
2. Click on “Create Account” or “Login” if you already have an account
3. When prompted enter section code “XXXXXXXXXXXX” (provided by professor –see the syllabus)
4. Click “Add Credits” to purchase conversation credits.
5. Click “Make a Reservation” on the homepage and scroll through the partners.
6. [Complete a test call](#) before scheduling.
7. Choose a partner and schedule a conversation using their calendar.
8. Complete your conversation.

Contact our [support team](#) with any questions.

## Conversation 2 – La buena salud y la comida (U7-U8)

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### Prepare (45 min)

- Schedule your conversation
  - Remember to schedule at least 36 hours in advance.
- Review
  - Review relevant vocabulary.
  - Learn at least 10 new words about this topic.

#### ***Nutrición balanceada***

#### ***Higiene***

#### ***La energía***

#### ***Los estiramientos***

#### ***El aguante***

#### ***Carnarse***

#### ***Sudar***

#### ***La dieta***

#### ***Las vitaminas***

#### ***La comida chatarra***

- Plan
  - Write a list of 4-5 questions you can ask your conversation partner about how they incorporate healthy routines into their daily lives and habits and activities they consider promote good health.
  - Write a list of 4-5 questions you can ask your conversation partner about their favorite and non-favorite foods and places they like to eat; a regional or unique dish of their country
  - Avoid questions that elicit a simple one-word (yes/no) answer.
  - Think about how you would respond to each of the questions if they were asked to you (prepare for any vocabulary that you might not know).
  - Read through the Interact and Reflect portion of the sequence to help anticipate any other questions you might need to ask of your partner.
    1. **¿Cómo mantienes rutinas saludables en tu vida diaria?**
    2. **¿Qué actividades haces para hacer ejercicio?**
    3. **¿Qué haces para aliviar el estrés?**
    4. **¿Cómo te mantienes en forma?**
    5. **¿Cuál es tu comida favorita?**
    6. **¿Cuál es tu comida menos favorita?**
    7. **¿Qué es un plato único en tu país?**
    8. **¿Puedes cocinar?**
- Practice
  - Practice asking your questions out loud. Can you answer your own questions?
  - If available, find a partner from class and practice asking and answering questions together.

- Consider
  - What are some places that you notice you are having trouble communicating? Are there any new words or structures that you can learn before your conversation?  
**I have trouble understanding exactly what Spanish speakers are saying, and I think my pronunciation can be wrong a lot of the times. I don't think there is much I can learn that will benefit me before my conversation besides practice.**
  - What are some techniques to help navigate a conversation? What sort of phrases would be helpful?  
**Ask for help or show signs of confusion. You could also be prepared to ask question that you know the answer to. Some helpful phrases can be: "No comprende," "¿Puede hablar más despacio, por favor?" "repete por favor" "No sé" "A ver" and "Pues."**

## Interact (15 min)

Remember, you do not have to talk for the entire 15 minutes. It is a conversation! Aim to participate in at least 60% of the conversation.

- (1-2 Minutes) Introduce yourself to your conversation partner and get to know some basic information about each other.
- (7-8 min) Ask your partner how they incorporate healthy routines into their daily lives. What are habits and activities they consider promote good health. Discuss any other areas of wellbeing you would like to discuss.
- (7-8 minutes) Talk about your favorite foods and places to eat. Ask your conversation partner about their preferences. What are some foods that you do not like to eat? Places you do not prefer to eat? Ask and share about some of the regional dishes in your country. What are some foods that are unique to your respective countries? Which foods do you have in common? What influences from other countries do you notice?

## ➤ Tips

- Try to *think* in the language of your conversation. Your ability to think in English is much more complex right now and often, problems arise when you think of something to say in English that you are not able to say in the target language.
- If there are words or major ideas that you don't understand, please ask your partner to help explain/elaborate.
- Remember, the conversation will be recorded so you don't have to understand 100% of what your partner says during the conversation. You will have time later to look up specific words.
- If your conversation goes a bit off topic, *that is ok!* The important takeaway from this is that you are building the ability and confidence to interact in the language.
- When your partner answers a question, try to ask a related follow-up question instead of moving directly to another prepared question that might not be related.

## Reflect

- Review

- Download and listen to the audio recording of your conversation.

- Write in English

- Overall, how did your conversation go? Explain  
**I think the conversation went well. I loved the woman I was talking to, and I think she helped the conversation go smoothly. I wish I talked more, but I think I learned a lot about her, and I found out we have many similarities.**
- About what percentage of your partners' speech did you understand?  
**I understood about 80-85% of what my partner was saying.**
- What are three things that you would phrase or say differently after having listened to your conversation?
  - 1. I would have answered her question better on what I do that is bad for my health. I wish I said, "Yo como mucho la comida chatarra."**
  - 2. When talking about how I relieve stress, I wish I said, "Motivarme con limpiar mi apartamento."**
  - 3. When talking about food I don't like, I wish I said, "Mi comida menos favorita es el pescado pero el sámon es so-so."**
- List three interesting things you learned about your conversation partner based on their answers to your questions.
  - 1. I learned that running is a way she stays healthy and helps release stress.**
  - 2. She knows how to cook but eats out at least three times during the week.**
  - 3. Something that is bad for her health is drinking coffee, but she can't stop drinking it.**
- What sort of cultural inferences or comparisons can you make about your interaction with your partner? If there is insufficient evidence, what comparisons can you make between your families?  
**I learned that Mexico has a lot of different traditional foods like queso rellenos, tamales, tacos, and a lot more. I think people in Mexico have more time for family and are able to go out a lot more than I'm able to. I also think that we have a lot of similarities in foods we like and how we maintain our health. One thing I've learned is that I feel like they have less stress when it comes to school, and the amount of work they have to do in one day. I feel like in America, we get no time to truly relax, at least for me it's like that.**
- List three new words you learned from this conversation.
  - 1. Bollo**
  - 2. Insectos**
  - 3. Único**

- Is there anything else about the language that you noticed?  
**I did not notice much of a difference to the language of what I heard in the conversation compared to what I'm learning right now.**
- What can you do to better prepare for your next conversation?  
**I think I can spend more time practicing what I am going to say and work on the pronunciations of words.**