

GCSE Vocabulary - AQA GCSE Spanish Higher Tier

FOOD, DRINK

beber	= to drink
comer	= to eat
cenar	= to have dinner
cocinar	= to cook
desayunar	= to have breakfast
evitar	= to avoid
oler	= to smell
preparar	= to prepare, make
tener hambre	= to be hungry (to have hunger)
tener sed	= to be thirsty (to have thirst)
tomar	= to have / to take (food/drink)
dar de comer	= to feed
doy de comer al gato	= I feed the cat
soler + infinitive	= to usually
Suelo + infinitive	= I usually
Suelo beber mucha agua	= I usually drink a lot of water
a la plancha	= grilled
pescado a la plancha	= grilled fish
el aceite	= oil
el aceite de oliva	= olive oil
una aceituna	= an olive
el agua mineral	= mineral water
agua mineral con gas	= sparkling mineral water
agua mineral sin gas	= still mineral water
el ajo	= garlic
el alimento	= food
la alimentación	= food
los alimentos	= food
el almuerzo	= lunch
el arroz	= rice
arroz con leche	= rice pudding
asado	= roast
el pollo asado	= roast chicken
el atún	= tuna
el azúcar	= sugar
el bacalao	= cod (type of fish)
una barra de pan	= a loaf of bread
una bebida	= a drink
una bebida caliente	= a hot drink
una bebida alcohólica	= an alcoholic drink
una bebida gaseosa	= a fizzy drink
el bistec	= steak
un bistec bien hecho	= a well done steak
el bocadillo	= sandwich
un bombón	= a sweet
un café	= a coffee

una taza de café	= a cup of coffee
los calamares	= squid
un caramelo	= a sweet
la carne	= meat
carne de cerdo	= pork
carne de cordero	= lamb
carne de ternera	= veal
carne de vaca	= beef
una cebolla	= an onion
la cena	= evening meal
los cereales	= cereal
una cerveza	= a beer
los champiñones	= mushrooms
el chocolate	= chocolate / hot chocolate
el chorizo	= spicy sausage, salami
una chuleta	= a chop
una chuleta de cerdo	= a pork chop
los churros	= fritters (popular Spanish breakfast)
la cocina	= cooking, cuisine
la cocina italiana	= Italian cooking / cuisine
una col	= cabbage
una coliflor	= a cauliflower
la comida	= food
la comida basura	= junk food
la comida rápida	= fast food
la comida italiana	= Italian food
la comida china	= Chinese food
la comida india	= Indian food
el cordero	= lamb
el desayuno	= breakfast
la ensalada	= salad
los espaguetis	= spaghetti
un filete	= a steak
un flan	= a crème caramel
un flan casero	= home made flan (crème caramel)
la fresa	= strawberry
frito	= fried
patatas fritas	= fries, chips
la fruta	= fruit
una galleta	= a biscuit
las gambas	= prawns
el gazpacho	= gazpacho (Spanish cold soup)
la grasa	= grease
los guisantes	= peas
la hamburguesa	= hamburger
el helado	= ice cream
helado de vainilla	= vanilla ice cream
helado de fresa	= strawberry ice cream
helado de chocolate	= chocolate ice cream
un huevo	= an egg
los huevos revueltos	= scrambled eggs

un huevo hervido	= boiled egg
hervido	= boiled
el jamón	= ham
el jamón de york	= boiled ham
el jamón serrano	= cured ham
las judías verdes	= green beans, runner beans
la fruta	= fruit
la galleta	= biscuit
la grasa	= fat
la hamburguesa	= hamburger
el helado	= ice cream
la leche	= milk
la leche desnatada	= skimmed milk
una lechuga	= a lettuce
las legumbres	= vegetables (root vegetables e.g carrot, potato)
un limón	= a lemon
la limonada	= lemonade
los mariscos	= seafood
la mermelada	= jam
la mantequilla	= butter
una manzana	= an apple
un melocotón	= a peach
la merluza	= hake (type of fish)
una naranja	= orange
una naranja	= an orange
una naranjada	= an orangeade
la nata	= cream
una nuez	= nut
la paella	= paella (Spanish rice dish)
el pan	= bread
la pasta	= pasta
un pastel	= a cake
una patata	= a potato
las patatas fritas	= chips
una pera	= a pear
el perrito caliente	= hot dog
el pescado	= fish (dead fish)
un pez	= fish (alive – e.g. a pet fish)
la pimienta	= pepper (i.e. like salt and pepper)
un pimiento	= a pepper (as in green or red peppers)
una piña	= a pineapple
un plátano	= a banana
el pollo	= chicken
el pollo asado	= roast chicken
picante	= spicy
el plato	= dish, meal
un plato vegetariano	= a vegetarian dish
el queso	= cheese
un refresco	= a soft drink
la sopa	= soup
la sal	= salt

salado	= salty
una salchicha	= sausage
un salchichón	= sausage
una salsa	= sauce
una sandía	= a watermelon
la sangría	= sangría (a Spanish alcoholic drink made with red wine, juice and fruit)
una sardina	= a sardine
las tapas	= "tapas"— small snacks you can have in Spanish bars
la tarta	= cake / tart
una taza de té	= a cup of tea
un té de menta	= a peppermint tea
la ternera	= veal
tomar	= to have (breakfast / food / drink)
un tomate	= a tomato
la tortilla	= omelette
la tostada	= toast
una uva	= a grape
una vaca	= a cow
carne de vaca	= beef
la vainilla	= vanilla
el vinagre	= vinegar
vino blanco	= white wine
vino rosado	= rosé wine
vino tinto	= red wine
vegetariano/a	= vegetarian
las verduras	= green vegetables
el yogur	= yoghurt
el zumo (de naranja)	= orange juice
una zanahoria	= a carrot

MEALS

el desayuno	= breakfast
desayunar	= to have breakfast
la comida	= food / lunch
la comida rápida	= fast food
la comida basura	= junk food
comer	= to eat / to have lunch
el almuerzo	= lunch
almorzar	= to have lunch
la merienda	= snack
merendar	= to have a snack
la cena	= dinner
cenar	= to have dinner

OPINIONS

Me encanta(n)	= I love
Me gusta(n)	= I like
No me gusta(n)	= I do not like
Me da(n) igual	= I don't mind
Odio	= I hate

Detesto	= I hate
No aguanto	= I can't stand
Pienso que	= I think that
Creo que	= I think that
Me parece que	= I think that
Opino que	= I think that
Estoy de acuerdo	= I agree
No estoy de acuerdo con	= I do not agree with
¿Qué tal la pizza?	= How's the pizza?
sabe	= it tastes
huele ...	= it smells
aburrido	= boring
agotador	= exhausting
asqueroso	= disgusting
bueno	= nice, good
buenísimo	= very good
cansado	= tiring
cargante	= annoying
delicioso	= delicious
divertido	= fun
dulce	= sweet
entretenido	= entertaining
emocionante	= exciting
fatal	= awful
fresco	= fresh
genial	= great
guay	= brilliant
guay del Paraguay	= really brilliant
hortera (ends in -a for masc+ fem)	= tacky
una pasada	= a laugh, great fun
una gozada	= a laugh, great fun
una pérdida de tiempo	= a waste of time
pesado	= annoying
picante	= spicy
raro	= strange
relajante	= relaxing
un rollo	= a bore
rico	= tasty, delicious
riquísimo	= very tasty
sabroso	= tasty
saludable	= healthy
sano	= healthy
tedioso	= tedious, dull
típico	= typical
repugnante	= horrible
soso	= bland
saludable	= healthy
sano	= healthy
mejor	= better / best
duro	= hard

FREE TIME AND SPORT

el ambiente	= atmosphere
el alpinismo	= climbing, mountaineering
un atleta	= an athlete
el atletismo	= athletics
un baile	= a dance
bailar	= to dance
el baloncesto	= basketball
barato/a	= cheap
una bicicleta / una bici	= a bike
el billar	= billiards
los bolos	= bowling
una bolera	= a bowling alley
el boxeo	= boxing
un campeón	= a champion
un campeonato	= a championship
una carrera	= a race
el campeonato	= championship
la carrera	= race
caro/a	= expensive
el ciclismo	= cycling
el concurso	= the competition
una copa	= a cup, trophy
correr	= to run
el críquet	= cricket
el deporte	= sport
el deporte	= sport
deportista	= sporty
el descanso	= break / half-time / interval
descansar	= to relax
disfrutar	= to enjoy
el ejercicio (físico)	= (physical) exercise
encontrar	= to find / to meet
el entrenamiento	= training
el equipo	= team
la equitación	= horse riding
la escalada	= climbing
la esgrima	= fencing
el estadio	= stadium
el fin de semana	= weekend
el finde	= weekend (slang)
el footing	= jogging
el fútbol	= football
la gimnasia	= gymnastics
el gimnasio	= the gym
un gol	= a goal
marcar un gol	= to score a goal
hacer	= to do
hacer vela	= to do sailing
el juego	= the game
los Juegos Olímpicos	= the Olympic Games

un jugador	= a player
el/la jugador(a) juvenil	= youth team player
jugar a los bolos	= to bowl, go bowling
jugar	= to play
la mayoría	= majority
una medalla	= a medal
mejorar	= to improve
el monopatín	= skateboard
la montaña rusa	= roller coaster
montar	= to ride / to go on a ride
la natación	= swimming
el ocio	= leisure
el partido	= the match
el patinaje	= skating
la pelota	= the ball
el parque temático	= theme park
pasar	= to spend (time)
pasarlo bien / mal	= to have a good / bad time
el patinaje	= skating
el patinaje sobre hielo	= ice skating
el patinaje sobre ruedas	= roller skating
la pesca	= fishing
ir de pesca	= to go fishing
pescar	= to fish
un pescado	= a fish (dead fish)
un pez	= a fish (alive)
perezoso/a	= lazy
el partido –	= game / match
el ping-pong	= table tennis
el piragüismo	= canoeing
la pista de hielo	= the ice rink
el premio	= the prize
el rato / un rato	= (short) time / a little while
salir	= to go out
ser aficionado/a a	= to be a fan of
soy aficionado/a	= I am a fan
un socio	= a member
el tenis	= tennis
el tiempo libre	= free time
un torneo	= a tournament, competition
la vela	= sailing
el voleibol	= volley ball
las zapatillas de deporte	= trainers

VERBS

adelgazar	= to slim, lose weight
andar	= to walk
aumentar	= to increase
ir en aumento	= to go up
bailar	= to dance

caminar	= to walk, stroll
comenzar	= to begin
correr	= to run
deber	= to have to / must
debo	= I must
debería	= I should
dar un paseo en bici	= to go for a bike ride
debo	= I must
dejar de fumar	= to stop smoking
dejar de comer comida basura	= to stop eating junk food
dormir	= to sleep
drogarse	= to take drugs
echar una siesta	= to have a nap/snooze
emborracharse	= to get drunk
empezar	= to begin
engordar	= to put on weight
entrenarse	= to train
esquiar	= to ski
estresarse	= to get stressed
evitar	= to avoid
ganar	= to win
hacer	= to do / to make
hacer deporte	= to do sport
hacer un esfuerzo	= to make an effort
jugar	= to play (sport)
mantenerse en forma	= to keep fit
me mantengo en forma	= I keep fit
marcar (un gol)	= to score
montar	= to ride
montar a caballo	= to ride a horse
nadar	= to swim
necesitar	= to need
organizar	= to organise
participar	= to take part
pasear	= to go for a stroll
patinar	= to skate
perder	= to lose / to miss
perder peso	= to lose weight
pescar	= to fish
practicar	= to do / to practise
preocuparse	= to get worries
relajarse	= to relax
sentir(se)	= to feel
sentirse deprimido/a	= to feel depressed

EXPRESSIONS USING THE VERB TENER (TO HAVE)

tener hambre	= to be hungry
tener mucha hambre	= to be very hungry
tener sed	= to be thirsty
tener calor	= to be hot
tener mucho calor	= to be very hot

tener frío	= to be cold
tener mucho frío	= to be very cold
tener sueño	= to be tired
tener mucho sueño	= to be very tired
tener miedo	= to be afraid
tener razón	= to be right
tener prisa	= to be in a hurry
tener que hacer algo	= to have to do something
tener cuidado	= to be careful
tener lugar	= to take place
tener suerte	= to be lucky
tener vergüenza	= to be embarrassed (<i>to have shame</i>)
Tengo vergüenza	= I am embarrassed (<i>I have shame</i>)
Tengo hambre	= I'm hungry.
No tengo hambre	= I'm not hungry.
Tengo sed	= I'm thirsty.

RESTAURANT

La cuenta, por favor	= The bill, please.
¿Qué vas/va a tomar?	= What are you (familiar/polite) going to have?
De primer plato ...	= As a starter ...
De segundo plato ...	= As a main course ...
De postre ...	= As a dessert ...
Para mí ...	= For me ...
¿Algo más?	= Anything else?
Sí, quiero ...	= Yes, I'd like ...
por favor	= please
Nada más, gracias.	= Nothing else, thanks.
Quisiera reservar una mesa	= I would like to reserve a table.
¿Para qué fecha?	= For which date?
Para (el sábado)	= For (Saturday)
¿Para cuántas personas?	= For how many people?
Para (dos) personas.	= For (two) people.
¿De parte de quién?	= In whose name?
De parte de ...	= In the name of ...
¡Camarero!	= Waiter!
No tengo vaso	= I don't have a glass.
Hay un error con la cuenta.	= There is a mistake in the bill.
No hay sal ni pimienta.	= I don't have salt or pepper.
La sopa está fría	= The soup is cold.

OPINIONS

¡Basta!	= That's enough!
¡Que aproveche!	= Bon appetit! Have a nice meal!
¡Que lo pase(s) bien!	= Have a good time!
¡Qué asco!	= How disgusting!
¡Qué bien!	= How good!
¡Qué (+ adjective)!	= How (+ adjective)!
Ojalá	= I hope
preferido	= favourite
favorito	= favourite

raro	= strange
me da igual	= I'm not bothered
decepcionar	= to disappoint
detestar	= to hate
disfrutar	= to enjoy
estoy de acuerdo (con)	= I agree (with)
estoy harto de	= I am sick of, I am fed up of
me gusta(n)	= I like
odiar	= to hate
apetecer	= to fancy
me apetece un café	= I fancy a coffee
<u>Yo</u> creo que	= I think that
es/son	= is / are
¿Qué piensas <u>tú</u> ?	= What do you think?
¡Qué va!	= No way!
¿Estás loco/a?	= Are you mad?
Ñam ñam	= yum, yum

FREQUENCY

a diario	= daily
diariamente	= daily
a menudo	= often
aproximadamente	= approximately, roughly
a veces	= sometimes
algunas veces	= sometimes
ahora	= now
ahora mismo	= right now
al mismo tiempo	= at the same time
anoche	= last night
antes	= before
ayer	= yesterday
anteayer	= the day before yesterday
cada (x) días/ horas	= every (x) days
casi	= almost
de momento	= at the moment
de nuevo	= again
de repente	= suddenly
de vez en cuando	= from time to time
dentro de (x) (horas)	= in (x) (hours)
desde	= from
desde hace	= since
después	= after
el día siguiente	= the following day
la semana siguiente	= the following week
el año siguiente	= the following year
durante	= during
en ese/este momento	= at that / this moment
en seguida	= immediately
inmediatamente	= immediately
entonces	= then
esta noche	= tonight

el fin de semana	= the weekend
frecuente	= frequent
generalmente	= generally
hace (+ time)	= (time) ago
hoy	= today
mañana	= tomorrow
normalmente	= normally
nunca	= never
casi nunca	= almost never
otra vez	= again
permanente	= permanent
pocas veces	= few times, not often
raramente	= rarely, not often
el pasado	= the past
pasado	= last
el año pasado	= last year
pasado mañana	= the day after tomorrow
por año, etc	= per year, etc
por lo general	= generally
pronto	= soon
rápido	= fast
reciente(mente)	= recent(ly)
siempre	= always
solamente	= only
sólo	= only
todas las (semanas)	= every (week)
todavía	= still
todos los (días)	= every (day)
últimamente	= recently
una vez	= once (one time)
dos veces ... etc	= twice (two times, etc)

COMPARISON

más que	= more ... than
menos.... Que	= less than
tan como	= as as
tanto/a(s) como	= as much / many as
mejor	= better
peor	= worse
muy	= very
bastante	= quite
demasiado	= too / too much

BUYING FOOD/DRINK

una bolsa	= a bag
un bote	= a jar
una botella	= a bottle
una caja	= a box
la cantidad	= quantity
un cartón	= carton
un gramo	= a gram of
grande	= big
un ingrediente	= an ingredient
una lata	= a tin, can
un litro	= a litre
una loncha de	= a slice of
la mitad	= half
mucho(s)/a(s)	= a lot, much
un paquete de	= a packet of
un pedazo de	= a slice of
el peso	= the weight
pequeño/a	= small
un poco de	= a bit of
una ración	= a bit of, a portion of
un trozo de	= a bit of
una botella de Coca-Cola/cerveza	= a bottle of Coca-Cola/beer
un kilo de jamón/naranjas	= a kilo of ham/oranges
una barra de pan	= a loaf of bread
una lata de sardinas	= a tin of sardines
una tableta de chocolate	= a bar of chocolate
300 gramos de queso	= 300g of cheese
una caja de pasteles	= a box of cakes
una docena de huevos	= a dozen eggs
un cartón de leche	= a carton of milk
un paquete de patatas fritas	= a packet of crisps
("patatas fritas" means both chips + crisps in Spanish)	
una receta	= a recipe

ILLNESS / BODY

Tengo dolor de (pierna).	= I have a pain in my (leg).
Me duele el/la .../	= My ... hurts (singular)
Me duelen los/las ...	= My ... Hurt (plural)
una enfermedad	= an illness
enfermo/a	= ill
la boca	= mouth
el brazo	= arm
la cabeza	= head
el codo	= elbow
el corazón	= the heart
el cuello	= neck
el dedo	= finger
los dientes	= teeth(front)
la espalda	= back
las muelas	= teeth (back)

los músculos	= the muscles
la espalda	= the back
el estómago	= stomach
los huesos	= the bones
la garganta	= throat
una lesión	= an injury
la mano	= hand
la nariz	= nose
el ojo	= eye
la oreja	= (outer) ear
el oído	= (inner) ear
la pierna	= leg
el pie	= foot
la piel	= skin
los pulmones	= the lungs
el riesgo de lesiones	= the risk of injuries
la rodilla	= knee
la sangre	= the blood
el tobillo	= ankle
una vacuna	= a vaccine / vaccination
el vientre	= the stomach

La natación es buena para	= swimming is good for ...
El atletismo es bueno para ...	= athletics is good for

Me siento mal/Estoy mal.	= I feel bad.
Me siento fatal.	= I feel awful.
No me siento bien.	= I don't feel well.
Estoy mejor.	= I am better.
Estoy bien.	= I am well.
Estoy muy enfermo/a.	= I am very ill.
¿Qué le pasa (a usted)?	= What's the matter?
Tengo tos.	= I have a cough.
Tengo gripe.	= I have flu.
Tengo una insolación.	= I have sunstroke.
Tengo calor.	= I am hot.
Tengo frío.	= I am cold.
Tengo sueño.	= I am sleepy.
Tengo hambre.	= I am hungry.
Tengo sed.	= I am thirsty.
Tengo diarrea.	= I have diarrhoea.
Tengo vómitos.	= I feel sick.
Tengo catarro.	= I have a cold.
Tengo fiebre.	= I have a temperature.
Estoy mareado/a.	= I feel dizzy.
Estoy constipado/a.	= I have a cold.
¿Desde hace cuánto tiempo?	= For how long?
Desde hace ... días.	= For ... days.
(Tengo gripe) desde hace dos días.	= (I have had flu) for two days.
Me he cortado el dedo.	= I have cut my finger.
Me he hecho daño en el ojo.	= I have hurt my eye.

Me he torcido el tobillo.
Me he quemado la boca.
Me he roto la pierna.

= I have twisted my ankle.
= I have burnt my mouth.
= I have broken my leg.

WELL BEING

acostarse	= to go to bed
adictivo/a	= addictive
adelgazar	= to slim, lose weight
el adicto	= addict
alto/a en calorías	= high in calories
ayudar	= to help
ayuda	= it helps
ayuda a prevenir	= it helps to prevent
cambiar	= to change
cansado/a	= tired
comer chucherías entre comidas	= to eat sweets between meals
comer entre comidas	= to eat between meals
comer un tentempié	= to eat a snack
consejo	= advice
una cosa sana	= a healthy thing
el corazón	= the heart
el cuerpo	= body
la dieta	= diet
una dieta equilibrada	= a balanced diet
deportista	= sporty
después	= after(wards)
engordar	= to put on weight
gordo/a	= fat
delgado/a	= slim, thin
el estrés	= stress
estresado/a	= stressed
evitar el estrés	= to avoid stress
estar a dieta	= to be on a diet
el dolor	= the pain
tengo dolor de ...	= hurts
me duele(n)	= hurts me
dormir	= to sleep
divertirse	= to enjoy yourself
me divierto	= I enjoy myself / I am enjoying myself
divertido/a	= fun
el ejercicio	= exercise
empezar	= to start
comenzar	= to start, begin
la energía	= energy
el esfuerzo	= effort
estar en forma	= to be fit
evitar	= to avoid
una farmacia	= a chemist's
una fuente de	= a source of
fumar	= to smoke
hacer un esfuerzo	= to make an effort

intentar cambiar	= to try to change
joven	= young
llevar una vida (sana)	= to lead a (healthy) life
llevar una dieta equilibrada	= to have a balanced diet
un pequeño lujo	= a little treat
mantenerse en forma	= to keep fit
morir	= to die
necesario/a	= necessary
necesitar	= to need
el olor	= the smell
pasar un buen rato	= to have a good time
pasarselo bien	= to have a good time / fun
Me lo paso bien	= I'm having fun
Me lo pasé bien	= I had fun
perder peso	= to lose weight
una pérdida de tiempo	= a waste of time
pero de vez en cuando me doy un capricho	= from time to time I treat myself
procurar dejar de comer	= to try to give up eating ...
el problema	= problema
prevenir los infartos	= to prevent heart attacks
relajarse	= to relax
la respuesta	= reply
la rutina	= routine
la salud	= health
el tabaco	= smoking / tobacco
tener dolor de (cabeza)	= to have a (head)ache
tener hambre	= to be hungry
tener sed	= to be thirsty
tener sueño	= to be tired
la vida	= life

SMOKING

adictivo	= addictive
un adicto	= an addict
el/la adolescente	= young person
el aliento	= breath
el mal aliento	= bad breath
amarillear	= to turn yellow
amarillo	= yellow
los dientes se empiezan a amarillear	= your teeth start to go yellow
el/la joven	= young person
afectar	= to affect
asqueroso/a	= disgusting / filthy
barato/a	= cheap
burlarse de	= to make fun of
se burlan de mí	= they make fun of me
me burlo de	= I make fun of ...
cambiar los hábitos	= to change habits
el cáncer de pulmón	= lung cancer
el cáncer de garganta	= throat cáncer
el cáncer de pulmón	= lung cancer

el cáncer de estómago	= stomach cancer
el cáncer de piel	= skin cancer
el cáncer de hígado	= liver cancer
caro/a	= expensive
causar	= to cause
la chica	= girl
el chico	= boy
el cigarrillo	= cigarette
el corazón	= heart
el daño	= damage / harm
causar daño	= to cause damage
dañino/a	= harmful
dejar de (fumar)	= to stop, give up (smoking)
voy a dejar de fumar	= I am going to give up smoking
los demás	= the others
los otros	= the others
el derecho	= the right
tengo el derecho a	= I have the right to
el DNI	= ID card
el Documento de Identidad Nacional	= ID card
la enfermedad	= illness / disease
enfermo/a	= ill
una enfermedad cardíaca	= a heart disease
una enfermedad pulmonaria	= a pulmonary (lung) disease
(no) fumador	= (no) smoking area
un/a fumador/a	= a smoker
el fumar pasivo	= passive smoking
fumar	= to smoke
se puede fumar	= one can smoke, you can smoke
un grupo etario	= an age group
un hábito	= a habit
el humo	= the smoke
la ley	= law
el lugar	= place
un malgasto	= a waste
la muerte	= death
muerto/a	= dead
la mujer	= woman
una mujer embarazada	= a pregnant woman
embarazada	= pregnant
avergonzado/a	= embarrassed
los lugares de trabajo	= place of work
los lugares públicos	= public places
la mitad	= half
la mayoría	= the majority, most
la piel	= skin
me preocupa	= it worries me, it concerns me
el olor	= the smell
el peligro	= danger
peligroso/a	= dangerous
perjudicial	= harmful

la población	= population
preocupante	= worrying
probar	= to try
Nunca lo he probado	= I have never tried it
la prohibición	= the ban
prohibido/a	= banned
los pulmones	= lungs
respiratorio/a	= breathing / respiratory
se permite (fumar)	= (smoking) is allowed
el sabor	= the taste
saber decir no	= to know to say no
saber	= to know (how)
sé	= I know
sé nadar	= I know how to swim
el sitio	= place
sitios al aire libre	= places in the open air
el tabaco	= smoking
la tentación	= the temptation
una tontería	= a load of rubbish, ridiculous
es una tontería	= it's a load of rubbish
el trabajo	= work
un veneno	= a poison
un vicio	= a bad habit
la vergüenza	= the shame
tengo vergüenza	= I am embarrassed (<i>I have shame</i>)

ALCOHOL AND DRUGS

el alcoholismo	= alcoholism
alcohólico/a	= alcoholic
la ayuda	= help
borracho/a	= drunk
el botellón	= binge drinking
la calle	= street
el cannabis	= cannabis
cansado/a	= tired
la cerveza	= beer
la cocaína	= cocaine
comprar	= to buy
los consejos	= advice
a pesar de los consejos	= in spite of the advice
el crimen	= crime
la depresión	= depression
el dinero	= money
distinto/a	= different
el dolor	= the pain
la droga	= drug
drogarse	= to take drugs
las drogas blandas	= soft drugs
las drogas duras	= hard drugs
el/la drogadicto/a	= drug addict
emborracharse	= to get drunk

fuera de control	= out of control
la inyección	= injection
una jeringuilla	= a syringe
los jóvenes	= young people
la manera	= way
mejor	= better
mejorar	= to improve
muerto/a	= dead
obtener	= to get / to obtain
olvidar	= to forget
una pastilla de éxtasis	= an ecstasy pill
el pegamento	= glue
peor	= worse
la pérdida del apetito	= loss of appetite
la pérdida de la memoria	= loss of memory
la pérdida de la coordinación	= loss of coordination
un porro	= a joint (marihuana)
un programa de rehabilitación	= a rehab programme
preocupar	= to worry
provocar	= to cause / to provoke
la droga provoca accidentes, peleas y robos	= drugs cause accidents, fights and robberies
la rehabilitación	= rehabilitation
seropositivo/a	= HIV positive
el SIDA	= AIDS
sin techo	= homeless
la sociedad	= society
tener miedo	= to be afraid
tomar droga	= to take drugs
un tratamiento	= a treatment
el vino	= wine
el vino blanco	= white wine
el vino tinto	= red wine (<i>you cannot say "vino rojo"</i>)
la violencia	= violence

ESSENTIAL VERBS

DEBER debo = I must debes = you must debe = he/she must debemos = we must debéis = you (plural) must deben = they must	QUERER (to want) quiero = I want quieres = you want quiere = he/she wants queremos = we want queréis = you (plural) want quieren = they want	PODER (to be able) puedo = I can puedes = you can puede = he/she can podemos = we can podéis = you (plural) can pueden = they can
IR (to go) voy = I go / I am going vas = you go / you are going va = he/she goes / is going vamos = we go / are going váis = you (plural) go / are going van = they go / are going	TENER (to have) tengo = I must tienes = you must tiene = he/she must tenemos = we must tenéis = you (plural) must tienen = they must	VENIR (to come) vengo = I come / am coming vienes = you come / are coming viene = he/she comes / is coming venimos = we come / are coming venís = you (plural) come / are coming vienen = they come / are coming
HACER (to do) hago = I do / I am doing haces = you do / you are doing hace = he/she does / is doing hacemos = we do / are doing hacéis = you (plural) do / are doing hacen = they do / are doing	HACER has two means – <u>to do + to make</u> So, HAGO can mean = I do I make	HACER (to make) hago = I make / I am making haces = you make / you are making hace = he/she makes / is making hacemos = we make / are making hacéis = you (plural) make / are making hacen = they make / are making













