

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 |

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| 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 |

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| 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 |

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|---------------------------|---------------------------------|
| 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 |

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|---|--|
| 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 |













