

# EL INSTITUTO

¿Qué estudias?  
What do you study?

## A. SCHOOL SUBJECTS

|                     |                                                                                    |            |
|---------------------|------------------------------------------------------------------------------------|------------|
| el español          |   | Spanish    |
| el alemán           |   | German     |
| el francés          |                                                                                    | French     |
| la informática      |                                                                                    | ICT        |
| el teatro           |   | drama      |
| las matemáticas     |                                                                                    | maths      |
| el inglés           |                                                                                    | English    |
| la educación física |                                                                                    | PE         |
| la tecnología       |                                                                                    | technology |
| las ciencias        |  | science    |
| la historia         |                                                                                    | history    |
| la geografía        |  | geography  |
| el dibujo           |                                                                                    | art        |

## B. OPINIONS

|               |                                                                                           |
|---------------|-------------------------------------------------------------------------------------------|
| Me gusta(n)   | I like  |
| Me encanta(n) | I love                                                                                    |
| No me gusta   | I don't like                                                                              |
| Odio/detesto  | I hate                                                                                    |
| pensar        | to think                                                                                  |
| Pienso        | I think                                                                                   |
| Piensas       | You think (s)                                                                             |
| Piensa        | He/she thinks                                                                             |
| preferir      | to prefer                                                                                 |
| Prefiero      | I prefer                                                                                  |
| Prefieres     | You prefer (s)                                                                            |
| Prefiere      | He/she prefers                                                                            |

## C. ADJECTIVES

|             |                  |
|-------------|------------------|
| porque es   | because it is    |
| porque son  | because they are |
| es/son      | is/are           |
| bueno/a     | good             |
| simpático/a | nice             |
| divertido/a | fun              |
| fácil       | easy             |
| interesante | interesting      |
| relajante   | relaxing         |
| importante  | important        |
| creativo/a  | creative         |
| aburrido/a  | boring           |
| difícil     | difficult        |
| útil        | useful           |
| inútil      | useless          |

## D. TEACHERS

|                   |                          |
|-------------------|--------------------------|
| Mi profesor(a)    | My science teacher is... |
| de ciencias es... |                          |
| simpático/a       | nice                     |
| trabajador(a)     | hardworking              |
| listo/a           | clever                   |
| paciente          | patient                  |
| tolerante         | tolerant                 |
| optimista         | optimistic               |
| severo/a          | strict                   |
| antipático/a      | unfriendly               |
| perezoso/a        | lazy                     |
| tonto/a           | stupid                   |
| pesimista         | pessimistic              |

## E. TELLING THE TIME

### ¿QUÉ HORA ES?



|                              |                      |
|------------------------------|----------------------|
| Es mediodía                  | It's midday          |
| Es medianoche                | It's midnight        |
| Las clases empiezan a las... | Lessons start at...  |
| Las clases terminan a las... | Lessons finish at... |

## F. LUNCHTIME

|                     |              |
|---------------------|--------------|
| la hora de comer    | lunchtime    |
| Tomo                | I have...    |
| un bocadillo        | a sandwich   |
| un agua mineral     | Water        |
| un zumo de naranja  | orange juice |
| una hamburguesa     | a burger     |
| una pizza           | a pizza      |
| una ensalada        | a salad      |
| una naranjada       | an orangeade |
| unas patatas fritas | some chips   |

¿Cómo vas al colegio?

How do you get to school?

Voy al colegio...



# EL INSTITUTO



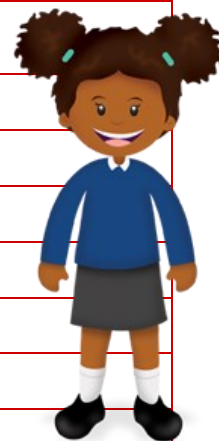
## G. LUNCHTIME ACTIVITIES

|                       |                             |
|-----------------------|-----------------------------|
| ir al club de idiomas | to go to the languages club |
| hacer natación        | to do swimming              |
| hacer los deberes     | to do homework              |
| jugar al fútbol       | to play football            |
| hablar con mis amigos | to speak with my friends    |
| comprar comida        | to buy food                 |
| cantar en el coro     | to sing in the choir        |
| tocar en la orquesta  | to play in the orchestra    |
| ir a casa de mi amigo | to go to my friend's house  |



## H. UNIFORM

|                            |                           |
|----------------------------|---------------------------|
| Llevo uniforme             | I wear school uniform     |
| Para ir al cole llevo...   | To go to school I wear... |
| una camisa                 | a shirt                   |
| una chaqueta               | a jacket                  |
| una falda                  | a skirt                   |
| una corbata                | a tie                     |
| una camiseta               | a t-shirt                 |
| un jersey                  | a jumper                  |
| un vestido                 | a dress                   |
| unas botas                 | boots                     |
| unos zapatos               | shoes                     |
| unas zapatillas de deporte | trainers                  |
| unos pantalones            | trousers                  |
| unos calcetines            | socks                     |



## I. DESCRIPTIONS

|                   |                  |
|-------------------|------------------|
| Mi uniforme es... | My uniform is... |
| feo               | ugly             |
| práctico          | practical        |
| horrible          | horrible         |
| cómodo            | comfortable      |
| caro              | expensive        |
| barato            | cheap            |
| bonito            | pretty/nice      |
| chulo             | cool/nice        |



e.g. **Una camisa es más elegante que una camiseta.**  
A shirt is more elegant than a t-shirt.

**más \_\_\_\_ que**  
= more \_\_\_\_ than  
**menos \_\_\_\_ que**  
= less \_\_\_\_ than

**Es...**  
*It is...*

**¿Cómo es tu uniforme?**  
*What is your uniform like?*

## ESSENTIAL VERBS



## J. TRANSPORT

|                   |                    |
|-------------------|--------------------|
| en coche          | by car             |
| en tren           | by train           |
| en autobús        | by bus             |
| en metro          | by subway          |
| en bici           | by bike            |
| en barco          | by boat            |
| en moto           | by motorbike       |
| en ciclomotor     | by moped           |
| en globo caliente | by hot air balloon |
| a pie/andando     | on foot/walking    |



## ESTUDIAR—TO STUDY

|            |                |
|------------|----------------|
| Estudio    | I study        |
| Estudias   | You study (s)  |
| Estudia    | He/she studies |
| Estudiamos | We study       |
| Estudiáis  | You study (p)  |
| Estudian   | They study     |

## COMER—TO EAT

|         |             |
|---------|-------------|
| Como    | I eat       |
| Comes   | You eat(s)  |
| Come    | He/she eats |
| Comemos | We eat      |
| Coméis  | You eat (p) |
| Comen   | They eat    |

## Near Future Tense

### Present tense ir + infinitive verb

e.g. Voy a comer  
Voy a beber  
Voy a hacer mis deberes

## Past Tense (1st person)

### AR—é / IR/ER—í

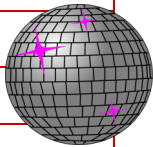
comí = I ate      fui = I went\*  
bebí = I drank      estudié = I studied  
hice = I did\*      jugué = I played\*



# TOWN

## A. PLACES IN TOWN

|                     |                     |
|---------------------|---------------------|
| la playa            | the beach           |
| la piscina          | the swimming pool   |
| el estadio          | the stadium         |
| la discoteca        | the disco           |
| el mercado          | the market          |
| el museo            | the museum          |
| el ayuntamiento     | the town hall       |
| la galería de arte  | the art gallery     |
| el parque           | the park            |
| la biblioteca       | the library         |
| el centro comercial | the shopping centre |
| el polideportivo    | the sports centre   |
| el instituto        | the school          |
| la comisaría        | the police station  |
| la iglesia          | the church          |
| la estación         | the station         |
| el hospital         | the hospital        |
| las tiendas         | the shops           |



## B. LOS ADJETIVOS

|             |            |
|-------------|------------|
| antiguo/a   | old        |
| bonito/a    | pretty     |
| grande      | big        |
| histórico/a | historic   |
| importante  | important  |
| industrial  | industrial |
| pequeño/a   | small      |
| tranquilo/a | quiet      |
| ruidoso/a   | noisy      |
| sucio/a     | dirty      |
| limpio/a    | clean      |
| modern/a    | modern     |
| feo/a       | ugly       |

## C. ACTIVITIES

|                 |                  |
|-----------------|------------------|
| tomar el sol    | to sunbathe      |
| nadar           | to swim          |
| hacer compras   | to shop          |
| leer un libro   | to read a book   |
| hacer deporte   | to do sports     |
| jugar al fútbol | to play football |
| bailar          | to dance         |
| tomar un café   | to have a coffee |
| jugar al tenis  | to play tennis   |



**más** \_\_\_\_ **que**  
= more \_\_\_\_ than  
**menos** \_\_\_\_ **que**  
= less \_\_\_\_ than



e.g. **Bristol es más ruidoso que Bath.**  
Bristol is noisier than Bath.

**¿Dónde está...?**  
Where is...?

## D. WEATHER/SEASONS

|                   |                      |
|-------------------|----------------------|
| Hace buen tiempo. | The weather is nice. |
| Hace calor.       | It's hot.            |
| Hace fresco.      | It's chilly/cool.    |
| Hace frío.        | It's cold.           |
| Hace mal tiempo.  | The weather is bad.  |
| Hace sol.         | It's sunny.          |
| Hace viento.      | It's windy.          |
| Hay niebla.       | It's foggy.          |
| Hay tormenta.     | It's stormy.         |
| Llueve.           | It's raining.        |
| Nieva.            | It's snowing.        |



## E. DIRECTIONS

|                           |                        |
|---------------------------|------------------------|
| a la derecha              | To the right           |
| a la izquierda            | To the left            |
| todo recto                | straight on            |
| ¿Por dónde se va...?      | Which way is it...?    |
| toma                      | take                   |
| la primera a la derecha   | the first on the right |
| la segunda a la izquierda | the second on the left |
| baja                      | go down                |
| cruza                     | cross                  |
| dobla/tuerce              | turn                   |
| sube (por)                | go up                  |
| al final de               | at the end of          |
| al lado de                | next to                |
| delante de                | in front of            |
| enfrente de               | opposite               |



LAS ESTACIONES DEL AÑO SON:



# TOWN

## F. ITEMS

|                |               |
|----------------|---------------|
| el pan         | bread         |
| los libros     | books         |
| las aspirinas  | aspirin       |
| las manzanas   | apples        |
| las chuletas   | (pork) chops  |
| los zapatos    | shoes         |
| un collar      | a necklace    |
| el periódico   | the newspaper |
| unos caramelos | some sweets   |
| un sobre       | an envelope   |
| un timbre      | a stamp       |



## H. CLOTHING

|                 |               |
|-----------------|---------------|
| un jersey       | a jumper      |
| un cinturón     | a belt        |
| una chaqueta    | a jacket      |
| una falda       | a skirt       |
| unos calcetines | some socks    |
| una camiseta    | a t-shirt     |
| un vestido      | a dress       |
| unos zapatos    | some shoes    |
| unos vaqueros   | some jeans    |
| unas botas      | some boots    |
| una camisa      | a shirt       |
| unos pantalones | some trousers |



## G. SHOPS

|                        |                |
|------------------------|----------------|
| el supermercado        | supermarket    |
| la zapatería           | shoe shop      |
| la librería            | book shop      |
| la panadería           | bakery         |
| la carnicería          | butcher's      |
| la farmacia            | pharmacy       |
| la frutería            | fruit shop     |
| la pescadería          | fishmonger's   |
| la joyería             | jewellery shop |
| la tienda de recuerdos | gift shop      |
| la tienda de ropa      | clothes shop   |
| el estanco             | post office    |
| la confitería          | sweet shop     |

## HIGH FREQUENCY VERBS

|          |               |
|----------|---------------|
| Se puede | You can       |
| Hay      | There is/are  |
| Había    | There was     |
| Habrà    | There will be |
| Es       | It is         |
| Serà     | It will be    |
| Fue      | It was        |
| Serìa    | It would be   |



## J. EL MEDIO AMBIENTE

|                        |              |
|------------------------|--------------|
| el reciclaje           | recycling    |
| el vidrio              | glass        |
| el papel               | paper        |
| la ropa                | clothes      |
| las bolsas de plástico | plastic bags |
| la basura              | rubbish      |
| las botellas           | bottles      |
| los periódicos         | newspapers   |
| las pilas              | batteries    |
| el agua                | water        |
| la electricidad        | electricity  |
| la gasolina            | petrol       |



## I. SHOPPING

|                            |                                  |
|----------------------------|----------------------------------|
| ¿Cuánto cuesta(n)...?      | How much is (are)...?            |
| Cuesta(n)...               | It/they cost...                  |
| ¿Tiene esa camiseta en...? | Do you have this t-shirt in...?  |
| Sí, aquí tienes.           | Yes, here you go.                |
| ¿Qué número usa?           | What size (shoes) do you wear?   |
| ¿Qué talla usa?            | What size (clothes) do you wear? |
| ¿Me lo/la puedo probar?    | Can I try it on?                 |
| ¿Me los/las puedo probar?  | Can I try them on?               |
| ¿Dónde puedo comprar...?   | Where can I buy...?              |
| Me queda grande            | It's too big                     |
| Me queda pequeño/a         | It's too small                   |
| Me queda muy bien          | It fits/suits me well            |
| Me queda ajustado/a        | It's too tight                   |
| Me queda mal el color      | The colour doesn't suit me       |



# MI FAMILIA

¿Tienes hermanos?

Do you have any brothers or sisters?



## B. LA FAMILIA

|                |                 |
|----------------|-----------------|
| mi amigo       | my friend (m)   |
| mi hermanastro | my step brother |
| mi hermano     | my brother      |
| mi abuelo      | my grandfather  |
| mi tío         | my uncle        |
| mi padre       | my father       |
| mi hermanastra | my step sister  |
| mi amiga       | my friend (f)   |
| mi madre       | my mother       |
| mi abuela      | my grandmother  |
| mi hermana     | my sister       |
| mi familia     | my family       |
| mi tía         | my aunt         |
| mis padres     | my parents      |
| mis abuelos    | my grandparents |
| aquí está      | Here is         |

✓ Sí tengo...

✗ No, no tengo hermanos.

## A. SIBLINGS

|               |                   |
|---------------|-------------------|
| Tengo         | I have            |
| No tengo      | I don't have      |
| ¿Tienes...?   | Do you have...?   |
| un hermano    | a brother         |
| una hermana   | a sister          |
| que se llama  | who is called     |
| que se llaman | who are called    |
| Soy           | I am              |
| hijo único    | an only child (m) |
| hija única    | an only child (f) |

## C. PERSONALIDAD

|             |         |
|-------------|---------|
| Soy         | I am    |
| Eres        | You are |
| Es          | He is   |
| Es          | She is  |
| activo/a    | active  |
| hablador(a) | chatty  |
| gracioso/a  | funny   |
| perezoso/a  | lazy    |
| deportista  | sporty  |
| amable      | nice    |
| tímido/a    | shy     |



¿Tienes mascotas?

Do you have any pets?

Describe tu personalidad.  
Describe your personality.

## UPGRADE YOUR DESCRIPTIONS

y—and  
pero—but  
también—also  
siempre—always  
a menudo—often  
a veces—sometimes  
normalmente—normally  
totalmente—completely  
casi siempre—almost always  
muy—very  
demasiado—too  
bastante—quite



## D. LOS ANIMALES

|               |              |
|---------------|--------------|
| un conejo     | a rabbit     |
| un perro      | a dog        |
| un gato       | a cat        |
| un pez dorado | a goldfish   |
| una serpiente | a snake      |
| un pájaro     | a bird       |
| un hámster    | a hamster    |
| un cobayo     | a guinea pig |
| un ratón      | a mouse      |
| una tortuga   | a tortoise   |
| una araña     | a spider     |
| un caballo    | a horse      |



✓ Sí, tengo...

✗ No, no tengo mascotas.



# MI FAMILIA



## POSSESSIVE ADJECTIVES



This is not your pen! It is my pen!

|           | Masculine Singular | Feminine Singular | Plural (Masculine and Feminine) |
|-----------|--------------------|-------------------|---------------------------------|
|           |                    |                   |                                 |
| MY        | <b>mi</b>          | <b>mi</b>         | <b>mis</b>                      |
| YOUR      | <b>tu</b>          | <b>tu</b>         | <b>tus</b>                      |
| HIS / HER | <b>su</b>          | <b>su</b>         | <b>sus</b>                      |



¿De qué color son tus ojos y tu pelo?  
*What colour are your hair and eyes?*

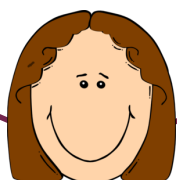
## F. LOS OJOS

|                   |            |
|-------------------|------------|
| Tengo             | I have     |
| Tienes            | You have   |
| Tiene             | He/she has |
| los ojos          | Eyes       |
| los ojos azules   | blue eyes  |
| los ojos verdes   | green eyes |
| los ojos grises   | grey eyes  |
| los ojos marrones | brown eyes |

Tengo los ojos verdes.

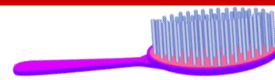


Tengo el pelo castaño y liso.



## E. EL PELO

|                  |                        |
|------------------|------------------------|
| Tengo            | I have                 |
| Tienes           | You have               |
| Tiene            | He/she has             |
| el pelo          | hair                   |
| el pelo castaño  | brown hair             |
| el pelo rubio    | blonde hair            |
| el pelo negro    | black hair             |
| Soy pelirrojo/a. | I have red/            |
| el pelo corto    | short hair             |
| el pelo largo    | long hair              |
| el pelo rizado   | curly hair             |
| el pelo liso     | straight hair          |
| el pelo ondulado | wavy hair              |
| No tengo pelo.   | I don't have any hair. |



## ADJECTIVE AGREEMENTS



|        | M        | F        | MP        | FP        |
|--------|----------|----------|-----------|-----------|
| Red    | rojo     | roja     | rojos     | rojas     |
| Yellow | amarillo | amarilla | amarillos | amarillas |
| Green  | verde    | verde    | verdes    | verdes    |
| Orange | naranja  | naranja  | naranja   | naranja   |
| Blue   | azul     | azul     | azules    | azules    |
| White  | blanco   | blanca   | blancos   | blancas   |
| Black  | negro    | negra    | negros    | negras    |
| Brown  | marrón   | marrón   | marrones  | marrones  |
| Purple | morado   | morada   | morados   | moradas   |
| Pink   | rosa     | rosa     | rosa      | rosa      |
| Grey   | gris     | gris     | grises    | grises    |

# FREE TIME



## A. EL DEPORTE

|                         |               |
|-------------------------|---------------|
| el atletismo            | athletics     |
| el badminton            | badminton     |
| el baloncesto           | basketball    |
| el ciclismo             | cycling       |
| la equitación           | horse riding  |
| el fútbol               | football      |
| el golf                 | golf          |
| la gimnasia             | gymnastics    |
| el hockey               | hockey        |
| la natación             | swimming      |
| el patinaje             | skating       |
| el alpinismo            | climbing      |
| el windsurf             | windsurfing   |
| el rugby                | rugby         |
| el monopatín            | skateboarding |
| el esquí                | ski-ing       |
| el tenis                | tennis        |
| la vela                 | sailing       |
| el voleibol             | volleyball    |
| el patinaje sobre hielo | ice skating   |
| el buceo                | diving        |

### REMEMBER!

**Juego a**

**Hago**

### Intensifiers

muy = very  
mucho = a lot  
un poco = a little  
bastante = quite  
demasiado = too

### IR—to go

Voy

Vas

Va

Vamos

Vais

Van

## B. LAS ACTIVIDADES

|                    |                         |
|--------------------|-------------------------|
| jugar a las cartas | to play cards           |
| tocar la trompeta  | to play the trumpet     |
| tocar los tambores | to play the drums       |
| tocar el piano     | to play the piano       |
| ir de compras      | to go shopping          |
| cocinar            | to cook                 |
| hacer ejercicio    | to do exercise          |
| escuchar música    | to listen to music      |
| ir al club juvenil | to go to the youth club |
| pescar             | to go fishing           |
| leer               | to read                 |
| ver una película   | to watch a film         |
| ver la television  | to watch TV             |
| dibujar            | to draw                 |
| bailar             | to dance                |

## PAST TENSE VERBS

|         |            |
|---------|------------|
| Fui     | I went     |
| Fuimos  | We went    |
| Fue     | It was     |
| Ví      | I watched  |
| Escuché | I listened |
| Jugué   | I played   |
| Hice    | I did      |
| Toqué   | I played   |

## C. FREQUENCY PHRASES

|                         |                   |
|-------------------------|-------------------|
| normalmente             | normally          |
| los fines de semana     | at the weekend    |
| de vez en cuando        | from time to time |
| a menudo                | often             |
| nunca                   | never             |
| cada día                | every day         |
| siempre                 | always            |
| a veces                 | sometimes         |
| dos veces por la semana | twice a week      |

## D. OPINION PHRASES

|              |                   |
|--------------|-------------------|
| Me gusta     | I like            |
| No me gusta  | I don't like      |
| Odio/Detesta | I hate            |
| Prefiero     | I prefer          |
| Me interesa  | It interests me   |
| Me aburre    | It bores me       |
| Es           | It is             |
| Fue          | It was            |
| Va a ser     | It is going to be |

## NEAR FUTURE TENSE

Present tense of **ir**

+ a +

**infinitive**

e.g. Voy a jugar =  
I am going to play

# FREE TIME

## E. LOS ADJETIVOS

|             |             |
|-------------|-------------|
| interesante | interesting |
| educativo   | educational |
| divertido   | fun         |
| bueno       | good        |
| guay        | cool        |
| aburrido    | boring      |
| beneficioso | beneficial  |
| barato      | cheap       |
| fenomenal   | great       |
| genial      | great       |
| caro        | expensive   |
| relajante   | relaxing    |

## F. CONNECTIVES

|                |                   |
|----------------|-------------------|
| y              | and               |
| pero           | but               |
| también        | also              |
| sin embargo    | however           |
| no obstante    | nonetheless       |
| por eso        | therefore         |
| por otra parte | on the other hand |

## G. MAKING PLANS

|                         |                      |
|-------------------------|----------------------|
| ¿Quieres...?            | Do you want...?      |
| ¿Dónde nos encontramos? | Where shall we meet? |
| Bueno/vale              | OK                   |
| Buena idea.             | Good idea.           |
| ¿A qué hora?            | At what time?        |
| No quiero.              | I don't want to.     |
| Me da igual.            | I don't mind.        |

## H. MAKING EXCUSES

|                         |                         |
|-------------------------|-------------------------|
| Me gustaría             | I would like            |
| esta noche              | this evening            |
| Puedo                   | I can                   |
| No puedo                | I can't                 |
| Tengo que               | I have to               |
| ir de vacaciones        | to go on holiday        |
| cuidar a mi hermana     | to look after my sister |
| Mi madre no me permite. | My mum won't let me     |
| las malas notas         | bad grades              |
| lo siento               | sorry                   |
| hacer las compras       | to do the shopping      |
| hacer mis deberes       | to do my home-work      |
| pasear al perro         | to walk the dog         |
| ordenar mi dormitorio   | to tidy my room         |
| quedarme en casa        | to stay at home         |
| lavarme el pelo         | to wash my hair         |

## TENER

### —To have

|         |
|---------|
| Tengo   |
| Tienes  |
| Tiene   |
| Tenemos |
| Tenéis  |
| Tienen  |

## I. TIME PHRASES

|                          |                   |
|--------------------------|-------------------|
| ayer                     | yesterday         |
| anoche                   | yesterday evening |
| el fin de semana         | last weekend      |
| el año pasado            | last year         |
| cuando era joven         | when I was young  |
| hoy                      | today             |
| por la mañana            | in the morning    |
| en verano                | in summer         |
| en invierno              | in winter         |
| mañana                   | tomorrow          |
| el fin de semana próximo | next weekend      |
| el año que viene         | next year         |

## ESSENTIAL VERBS

### JUGAR—TO PLAY

|         |               |
|---------|---------------|
| Juego   | I play        |
| Juegas  | You play (s)  |
| Juega   | He/she plays  |
| Jugamos | We play       |
| Jugáis  | You play (pl) |
| Juegan  | They play     |

### HACER—TO DO

|         |             |
|---------|-------------|
| Hago    | I do        |
| Haces   | You do (s)  |
| Hace    | He/she does |
| Hacemos | We do       |
| Hacéis  | You do (pl) |
| Hacen   | They do     |



# FOOD & DRINK



## A. FOOD

|                                                                                              |           |
|----------------------------------------------------------------------------------------------|-----------|
| el pan                                                                                       | bread     |
| el queso                                                                                     | cheese    |
| el jamón                                                                                     | ham       |
| la carne                                                                                     | meat      |
| el pollo    | chicken   |
| el cerdo                                                                                     | pork      |
| el pescado                                                                                   | fish      |
| el atún                                                                                      | tuna      |
| las patatas                                                                                  | potatoes  |
| las patatas fritas                                                                           | chips     |
| la leche                                                                                     | milk      |
| el helado  | ice cream |
| el yogur                                                                                     | yoghurt   |
| la tarta                                                                                     | cake      |
| el agua                                                                                      | water     |
| las galletas                                                                                 | biscuits  |
| la pasta                                                                                     | pasta     |
| el arroz                                                                                     | rice      |

## B. EL DESAYUNO

|                      |                                                                                        |
|----------------------|----------------------------------------------------------------------------------------|
| las comidas          | meals                                                                                  |
| el desayuno          | breakfast                                                                              |
| el almuerzo          | lunch                                                                                  |
| la cena              | dinner                                                                                 |
| el café              | coffee                                                                                 |
| el té                | tea  |
| el azúcar            | sugar                                                                                  |
| el zumo de naranja   | orange juice                                                                           |
| el vino blanco/tinto | white/red wine                                                                         |
| los cereales         | cereal                                                                                 |
| la tostada           | toast                                                                                  |

## C. FRUIT & VEG

|                   |              |
|-------------------|--------------|
| la fruta          | fruit        |
| las fresas        | strawberries |
| los plátanos      | bananas      |
| la piña           | pineapple    |
| el melón          | melon        |
| la manzana        | apple        |
| el melocotón      | peach        |
| las peras         | pears        |
| las naranjas      | oranges      |
| el limón          | lemon        |
| las verduras      | vegetables   |
| las cebollas      | onions       |
| las judías verdes | green beans  |
| las zanahorias    | carrots      |
| el pepino         | cucumber     |
| la lechuga        | lettuce      |

## D. ADJETIVOS

|                 |              |
|-----------------|--------------|
| fresco/a        | fresh        |
| perfecto/a      | perfect      |
| soso/a          | boring/bland |
| asqueroso/a     | disgusting   |
| delicioso/a     | delicious    |
| picante         | spicy        |
| fuerte          | strong       |
| caro/a          | expensive    |
| de mala calidad | poor quality |
| descortés       | impolite     |
| sucio/a         | dirty        |
| dulce           | sweet        |
| salado/a        | salty        |
| limpio/a        | clean        |
| barato/a        | cheap        |
| sano/a          | healthy      |
| poco sano/a     | unhealthy    |

### Positive opinions

Me gusta  
Me gusta mucho  
Me encanta  
Prefiero

### Negative opinions

No me gusta  
Odio/Detesto

+  
el  
la  
los  
las



más \_\_\_\_ que  
= more \_\_\_\_ than  
  
menos \_\_\_\_ que  
= less \_\_\_\_ than

e.g. Me gusta el pollo más que el pescado.  
I like chicken more than fish.

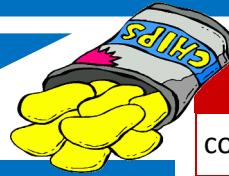
## E. MEAL TIMES

|                     |                     |
|---------------------|---------------------|
| desayunar           | to have breakfast   |
| comer               | to have lunch       |
| tomar               | to have             |
| merendar            | to have a snack     |
| cenar               | to have dinner      |
| Para el desayuno... | For breakfast...    |
| Para la comida...   | For lunch...        |
| Para la cena...     | For dinner...       |
| Voy a comer         | I am going to eat   |
| Me gustaría comer   | I would like to eat |

# FOOD & DRINK

¿Qué desea/quiere?  
What would you like?

Me gustaría...  
*I would like...*



## F. LAS CANTIDADES

|                      |             |
|----------------------|-------------|
| un kilo de           | a kilo of   |
| quinientos gramos de | 500g of     |
| una taza de          | a cup of    |
| una lata de          | a tin of    |
| una caja de          | a box of    |
| un litro de          | a litre of  |
| una botella de       | a bottle of |

### Connectives

y = and  
también = also  
además = moreover  
sin embargo = however  
no obstante = nonetheless

## G. LA SALUD

|                       |                          |
|-----------------------|--------------------------|
| comer sano            | to eat healthily         |
| estar en forma        | to be in shape           |
| perder peso           | to lose weight           |
| una dieta equilibrada | a balanced diet          |
| Es malo para la salud | It's bad for your health |



### Frequency Adverbs

a veces = sometimes  
nunca = never  
siempre = always  
nada = nothing  
ahora = now  
raramente = rarely  
a menudo = often

## E. AL RESTAURANTE/MERCADO

|                  |                     |
|------------------|---------------------|
| entrante         | Starter             |
| De primero       | For first course    |
| De segundo       | For second course   |
| De postre        | For dessert         |
| ¿Algo más?       | Anything else?      |
| ¿Tiene...?       | Do you have...?     |
| ¿Es todo?        | Is that all?        |
| Sí, gracias      | Yes, thank you      |
| ¿Cuánto cuesta?  | How much is it?     |
| Cuesta...Euro.   | It costs...euros.   |
| la cuenta        | the bill            |
| No tengo tenedor | I don't have a fork |
| cuchillo         | knife               |
| cuchara          | spoon               |
| el sal           | salt                |
| la pimienta      | pepper              |

## ESSENTIAL VERBS



### TENER—TO HAVE

|         |               |
|---------|---------------|
| Tengo   | I have        |
| Tienes  | You have (s)  |
| Tiene   | He/she has    |
| Tenemos | We have       |
| Tenéis  | You have (pl) |
| Tienen  | They have     |

### SER—TO BE

|       |              |
|-------|--------------|
| Soy   | I am         |
| Eres  | You are (s)  |
| Es    | He/she is    |
| Somos | We are       |
| Sois  | You are (pl) |
| Son   | They are     |

## I. KEY VERBS (PRESENT)

|              |              |
|--------------|--------------|
| Bebo         | I drink      |
| Como         | I eat        |
| Me gusta     | I like       |
| Me encanta   | I love       |
| Prefiero     | I prefer     |
| Es           | It is        |
| Hay          | There is/are |
| Me gustaría  | I would like |
| Tengo hambre | I'm hungry   |
| Tengo sed    | I'm thirsty  |
| Necesito     | I need       |



## H. COMPLEX PHRASES

|                          |                         |
|--------------------------|-------------------------|
| Lo que más me gusta      | What I like the most    |
| Lo que no me gusta es... | What I don't like is... |
| Lo que prefiero es...    | What I prefer is...     |

## J. KEY VERBS (PAST)

|          |             |
|----------|-------------|
| Comí     | I ate       |
| Bebí     | I drank     |
| Tuve     | I had       |
| Me gustó | I liked     |
| Preferí  | I preferred |
| Fui      | I went      |
| Fue      | It was      |

