

1. Las comidas

Meals

el desayuno	<i>breakfast</i>
la comida / el almuerzo	<i>lunch</i>
la merienda	<i>tea (meal)</i>
la cena	<i>dinner / evening meal</i>
desayunar	<i>to have breakfast</i>
comer	<i>to have lunch</i>
merendar	<i>to have tea</i>
cenar	<i>to have dinner</i>
tomar	<i>to have (food / drink)</i>
Desayuno...	<i>I have breakfast</i>
temprano / tarde	<i>early / late</i>
a las ocho (y media)	<i>at (half past) eight</i>
a las nueve (menos / y cuarto)	<i>at (quarter to / past) nine</i>
Desayuno / Como...	<i>For breakfast / lunch I have...</i>
Meriendo / Ceno...	<i>For tea / dinner I have...</i>
algo dulce / rápido	<i>something sweet / quick</i>
un huevo	<i>an egg</i>
un yogur	<i>a yogurt</i>
un pastel	<i>a cake</i>
un bocadillo	<i>a sandwich</i>
una hamburguesa	<i>a hamburger</i>
(el) bistec	<i>steak</i>
(el) café / (el) té	<i>coffee / tea</i>
(el) chorizo	<i>spicy chorizo sausage</i>
(el) marisco	<i>seafood</i>
(el) pescado	<i>fish</i>
(el) pollo	<i>chicken</i>
(el) zumo de naranja	<i>orange juice</i>
(la) carne	<i>meat</i>
(la) ensalada	<i>salad</i>
(la) fruta	<i>fruit</i>
(la) leche	<i>milk</i>

1. Las comidas

Meals

(la) sopa	<i>soup</i>
(la) tortilla	<i>omelette</i>
(los) cereales	<i>cereals</i>
(los) churros	<i>fried doughnut sticks</i>
(las) galletas	<i>biscuits</i>
(las) patatas fritas	<i>chips</i>
(las) tostadas	<i>toast</i>
(las) verduras	<i>vegetables</i>
Soy alérgico/a a...	<i>I'm allergic to...</i>
Soy vegetariano/a.	<i>I'm a vegetarian.</i>
Soy goloso/a.	<i>I have a sweet tooth.</i>
(No) tengo hambre.	<i>I'm (not) hungry.</i>
Es / Son...	<i>It is / They are...</i>
picante(s) / rápido/a(s)	<i>spicy / quick</i>
rico/a(s) / sanos/a(s)	<i>tasty / healthy</i>

2. Las expresiones de cantidad

Expressions of quantity

cien gramos de...	<i>100 grammes of...</i>
quinientos gramos de...	<i>500 grammes of...</i>
un kilo (y medio) de...	<i>a kilo (and a half) of...</i>
un litro de...	<i>a litre of...</i>
un paquete de...	<i>a packet of...</i>
una barra de...	<i>a loaf of...</i>
una botella de...	<i>a bottle of...</i>
una caja de...	<i>a box of...</i>
una docena de...	<i>a dozen...</i>
una lata de...	<i>a tin / can of...</i>

3. Mi plato favorito

Me gustaría probar...
Es un tipo de comida / bebida / postre.
Es un plato caliente / frío.
Es un plato típico de...
Contiene(n)...
(el) aceite de oliva
(el) agua
(el) ajo
(el) arroz
(el) azúcar
(el) pan
(el) queso
(la) cerveza
(la) carne de cerdo / cordero / ternera
(la) coliflor
(la) harina
(la) mantequilla
(la) pasta
(los) guisantes
(los) pepinos
(los) pimientos
(los) plátanos
(los) refrescos
(los) tomates
(las) cebollas
(las) judías (verdes)
(las) manzanas
(las) naranjas
(las) salchichas
(las) zanahorias

My favourite dish

*I would like to try...
It's a type of food / drink / dessert.
It's a hot / cold dish.
It's a typical dish from...
It contains / They contain...
olive oil
water
garlic
rice
sugar
bread
cheese
beer
pork / lamb / beef
cauliflower
flour
butter
pasta
peas
cucumbers
peppers
bananas
fizzy drinks
tomatoes
onions
(green) beans
apples
oranges
sausages
carrots*

5. ¿Qué le pasa?

No me encuentro bien.
Estoy enfermo/a / cansado/a.
Tengo calor / frío.
Tengo un resfriado.
Tengo dolor de garganta.
Tengo fiebre.

What's the matter?

*I don't feel well.
I am ill / tired.
I am hot / cold.
I have a cold.
I have a sore throat.
I have a fever /*

4. Mi rutina diaria

me despierto
me levanto
me ducho
me afeito
me visto
me lavo los dientes
me acuesto
salgo de casa
vuelvo a casa
si tengo tiempo
enseguida
el comedor
el cuarto de baño
el salón
la cocina
mi dormitorio

My daily routine

*I wake up
I get up
I have a shower
I have a shave
I get dressed
I clean my teeth
I go to bed
I leave home
I return home
if I have time
straight away
the dining room
the bathroom
the living room
the kitchen
my bedroom*

5. ¿Qué le pasa?

Tengo mucho sueño.
Tengo tos.
Tengo una insolación.
Me duele(n)...
Me he cortado...
Me he quemado...
¿Desde hace cuánto tiempo?
Desde hace...
un día / un mes
una hora / una semana
quince días
más de...
Tiene(s) que / Hay que...
beber mucha agua
descansar
ir al hospital / médico / dentista
tomar aspirinas
tomar este jarabe / estas pastillas

What's the matter?

*I am very sleepy.
I have a cough.
I have sunstroke.
My... hurt(s).
I've cut my...
I've burnt my...
How long for?
For...
a day / a month
an hour / a week
a fortnight
more than...
You have to...
drink lots of water
rest
go to the hospital / doctor / dentist
take aspirins
take this syrup / these tablets*

Knowledge check: Module 6 – Punto de partida 1.

1. How do you say "I usually have fruit for breakfast"?
2. What's the Spanish for 'At what time do you have breakfast'?
3. What type of word is 'me levanto'?
4. What type of word is "dormitorio"?
5. What's the English for 'si tengo tiempo'?
6. What's the Spanish for "I never have breakfast in the morning"?
7. Conjugate the verb vestirse in the I form"?
8. What's the Spanish for 'I used to like eating fish'.
9. What's the English for "Odio levantarme temprano"?
10. Find the mistake in "Mi despierto a las ocho".

Knowledge check: Module 6 – Punto de partida 2.

1. What's the English for 'Ayer me levanté temprano'?
2. What's the Spanish for 'After we went to the church'?
3. What are: Ramadán/Nochebuena/Domingo de Pascua.?
4. On which night are grapes eaten and red underwear worn?
5. What type of verbs are: me vestí/me desperté/me acosté?
6. In which tense are the verbs in number 5?
7. What are the possible two meanings of 'fue'?
8. What's the English for 'Mis padres bebieron 'cava'?
9. What's the Spanish for 'We made a special meal with all the family'?
10. Write the 6 pronouns of reflexive verbs, eg. I = me, you = ...?

Knowledge check: Module 6 – Unit 1.

1. What's the English for 'Comer carne roja es muy malo para la salud'?
2. What's the Spanish for 'It often rains'?
3. What type of words are "sano, bueno, picante and delicioso"?
4. What is the English for "veinte litros de agua"?
5. What type of verbs are: me vestí/me desperté/me acosté?
6. In which tense are the verbs in number 5?
7. What are the possible two meanings of 'fue'?
8. What's the English for 'Mis padres bebieron 'vino'?
9. What's the Spanish for 'I used to like eating fast food'?
10. Find the mistake: Normalmente desayunar leche con cereales.