español 1

Capítulo 3B: Para mantener la salud

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| **To talk about food and beverages** | |
| Dinner | La cena |
| Beefsteak | El bistec |
| Meat | La carne |
| Fish | El pescado |
| Chicken | El pollo |
| Onion | La cebolla |
| Peas | Los guisantes |
| Green beans | Las judías verdes |
| Lettuce | La lechuga |
| Potatoes | Las papas |
| Tomatoes | Los tomates |
| Grapes | Las uvas |
| Carrots | Las zanahorias |
| Rice | El arroz |
| Grains | Los cereales |
| Spaghetti | Los espaguetis |
| Fats | Las grasas |
| Butter | La mantequilla |
| Ice cream | El helado |
| Pastries | Los pasteles |
| Beverages | Las bebidas |
| **To talk about being hungry and thirsty** | |
| I’m hungry | Tengo hambre |
| I’m thirsty | Tengo sed |
| **To discuss health** | |
| To walk | Caminar |
| To exercise | Hacer ejercicio |
| I do | (Yo) hago |
| You do | (Tú) haces |
| To lift weights | Levantar pesas |
| For one’s health | Para la salud |
| To maintain one’s health | Para mantener la salud |
| **To indicate a preference** | |
| I prefer | (Yo) prefiero |
| You prefer | (Tú) prefieres |
| Should, must | Deber |
| **To indicate agreement or disagreement** | |
| To think | Creer |
| I think… | Creo que… |
| I (don’t) think so | Creo que sí/no |
| I (don’t) agree | (No) estoy de acuerdo |
| **To ask a question or give an answer** | |
| Why? | ¿Por qué? |
| Because | Porque |

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| **To express quantity** | |
| Something | Algo |
| Many | Muchos, -as |
| All | Todos, -as |
| **To describe something** | |
| Horrible | Horrible |
| Bad | Malo, -a |
| Tasty, flavorful | Sabroso, -a |
| **Other useful words** | |
| Every day | Cada día |

Gramática

|  |  |
| --- | --- |
| **Plurals of adjectives** | |
| **Masculine** | **Feminine** |
| **Singular/plural** | **Singular/plural** |
| Sabros**o**/sabros**os** | Sabros**a**/sabros**as** |
| Popula**r**/popular**es** | **Popular**/popular**es** |

|  |  |
| --- | --- |
| **Ser *to be*** | |
| Soy | Somos |
| Eres | Sois |
| Es | Son |