

TEMA 1

• **ESTILOS DE VIDA**

HABITOS

EXPRESIONES	TRADUCCIÓN	EJEMPLO
Where do you work?	¿Dónde trabajas?	Where do you work?
Where do you go to school?	¿A dónde vas a la escuela?	Where do you go to school?
What time do you...? What time does (she/he) ...?	¿A qué hora...? ¿A qué hora (ella/él)...?	What time do you go to school?
How do /does ...?	¿Cómo...?	How do you go to school?
What do you do?	¿A qué te dedicas?	What do you do? I am a student.
How often do you...?	¿Qué tan frecuentemente...?	How often do you do exercise?
What do you usually do...?	¿Qué haces generalmente...?	What do you usually do on weekends?
What about...?	¿Y...?	I'm 20 years old. What about you?
When do you get home?	¿A qué hora llegas a casa?	When do you get home?
Where do/does...?	¿Dónde...?	Where do you have lunch?
How do/does... get to?	¿Cómo llegas a...?	How do you get to work?
By bus/ car/ train.	En autobús/ carro/tren	I get to work by bus .
On foot.	A pie	I go to school on foot .

EXPRESIONES DE TIEMPO

PALABRA	TRADUCCIÓN	EJEMPLO
Early	Temprano	I arrive at work early .
Late	Tarde	She is always late .
On time	A tiempo	My teacher arrives on time .
All day	Todo el día	He teaches all day .
Every hour Day Week Month Year Morning Afternoon Evening night	Cada hora Todos los días Cada semana Cada mes Cada año Cada mañana Todas las tardes Todas las tardes Todas las noches	I study English every day .
After	Después de	My father arrives home after midnight.
Around...	Alrededor de...	See you around 10 p.m.
Before...	Antes de...	Wait for me before dinner.
At (night/noon/midnight)	En la noche/ al medio día/ a media noche	I do my homework at night .
In the morning/ the afternoon/the evening	En /la mañana/ la tarde/la noche)	I went to the movies on Wednesday.
On weekend/weekdays/ Sundays	El fin de semana/ entre semana/ los domingos)	On weekend , I go to the church.
At ... O'clock	A las ... en punto	The class starts at 7:00 O'clock .

EXPRESIONES DE FRECUENCIA

PALABRA	TRADUCCIÓN	EJEMPLO
Almost always	Casi siempre	The door is almost always open.
Almost never	Casi nunca	I almost never eat ice-cream.
Always	Siempre	I always take a shower.
Ever	Alguna vez	Have you ever studied French?
Frequently	Frecuentemente	Paul frequently visits his grandmother.
Never	Nunca	I never study at night.
Often	A menudo	I often read in my free time.
Seldom	Raramente/pocas veces	I seldom eat junk food.
Sometimes	Algunas veces	I sometimes speak in Spanish in my class.
Usually	Generalmente/normalmente	I usually do my homework at home.
Very often	Muy a menudo	I read English books very often .
Very rarely	Muy raramente	They very rarely go to the gym.

ADVERBIOS DE MODO

PALABRA	TRADUCCIÓN	EJEMPLO
Badly	Mal	I speak French badly .
Beautifully	Bellamente	She dances beautifully .
Carefully	Cuidadosamente	I write Chinese carefully .
Early	Temprano	I wake up early .
Quickly	Rápidamente	My English teacher speaks quickly .
Slowly	Despacio	I speak English slowly .

VERBOS

PALABRA	TRADUCCIÓN	EJEMPLO
Cook	Cocinar	I cook fish every weekend.
Do exercises	Hacer ejercicio	My mom does exercises with me.
Drink	Tomar/beber	I drink three liters of water every day.
Go jogging	Ir a trotar	She goes jogging before her lunch.
Go (to sleep/bed/to school/to work)	Ir (a dormir/la cama/a la escuela/al trabajo)	I'm very tired. I need to go to bed .
Get Home	Llegar a casa	He gets home at 9:00 pm.
Get up	Levantarse	I get up at 6:00 a.m. every day.
Have a meal	Tener una comida	I have a meal with friends.
Have/eat (breakfast, lunch and dinner)	Desayunar, comer, cenar.	Let's have breakfast at VIP'S.
Eat	Comer	My children eat healthy food.
Rest	Descansar	My parents rest for one hour after work.
Run	Correr	David can run very fast.
Sleep	Dormir	The baby sleeps 8 hours.
Start	Comenzar	I start my English class at 8:00 p.m.

Stay up	Permanecer de pie	I stay up in the street.
Study	Estudiar	I study at Veracruzana University.
Take a break/rest	Tomar un descanso/receso	She takes a break/rest after eating.
Take a shower/bath	Bañarse en regadera/tina	He takes a shower/bath in the morning.
Taste	Probar / saber (de sabor)	It tastes good!
Wake up	Despertarse	I wake up at 5:30.
Walk	Caminar	Every morning I walk in the boulevard.
Wash (your hands/face)	Lavar (se) (las manos/cara)	She washes her face three times in a day.
Watch TV	Ver televisión	I watch TV at night.
Work	Trabajar	My father works in a hospital.

HÁBITOS ALIMENTICIOS

EXPRESIONES	TRADUCCIÓN	EJEMPLO
What is this/that?	¿Qué es esto/eso?	What is this? It is a potato.
This/that is...	Esto/Aquello es	This is my blue wallet.
What are these/those?	¿Qué son estos/esos?	What are these? They are mashed potatoes.
These/Those are	Estos/ aquellos son	Those are my friends.
What's your favorite...?	¿Cuál es tu _____ favorito?	What's your favorite food? My favorite food is sushi.
What do/does... have for...?	¿Qué... comes en la...?	What do you have for breakfast? I usually have cereal.
How many meals do you have/eat...?	¡Cuántas comidas tienes...?	How many meals do you have in a day?
Do you like...?	¿Te gusta...?	Do you like chocolate?
I love (bananas)	Me encantan (los plátanos).	I love bananas for my breakfast.
I like (oranges)	Me gustan (las naranjas).	I like orange juice.
I don't like/ I dislike	No me gusta	I don't like seafood.
I hate	Detesto	I hate vegetable soups.

HÁBITOS DE SALUD

EXPRESIONES	TRADUCCIÓN	EJEMPLO
What time do you get up?	¿A qué hora te levantas?	A: What time do you get up? B: At 7 a.m.
How much do you sleep? I sleep 8 hours.	¿Cuánto tiempo duermes? Yo duermo ocho horas.	How much do you sleep? I sleep 8 hours.
How much water do you drink? I drink (a glass of/ a litre of) water a day.	¿Cuánta agua tomas? Yo bebo (un vaso de/ un	How much water do you drink? I drink a litre a day.

	litro de) agua al día	
How much ... do you eat/have?	¿Cuántas... Comes...?	How much bread do you eat ? I eat two pieces of bread.
I eat/have... etc.?	Yo como...	I eat a sandwich every morning.
Can I have...?	¿Puedo tener...?	Can I have a cup of coffee? Yes, you can.
Would you like...?	¿Te gustaría...?	Would you like a meat omelet?
I'd like...	Me gustaría...	I'd like a slice of chocolate cake.

CARNES

PALABRA	TRADUCCIÓN	EJEMPLO
Meat	Carne	I do not eat meat because I am a vegetarian.
Beef	Res	I like fried beef .
Chicken	Pollo	Patty prefers chicken .
Fish	Pescado	I do not like fish .
Lamb	Cordero	I don't like eating lamb .
Pork	Puerco	Cristina does not like pork .
Sausage	Salchicha	I usually eat sausage with eggs.

FRUTAS Y VERDURAS

PALABRA	TRADUCCIÓN	EJEMPLO
Fruit	Fruta	The child does not like fruit .
Apples(s)	Manzana	Mike likes apples .
Banana(s)	Plátano	Banana is good for breakfast.
Orange(s)	Naranja	My father likes oranges .
Vegetables	Verduras	Henry eats vegetables because he is a vegetarian.
Carrot(s)	Zanahoria	She does not like carrots .
Potato (es)	Papa	My favorite vegetable is the potato .
Tomato (es)	Tomate	Eating tomato is good for you.
Lettuce	Lechuga	I like lettuce in my sandwich.

POSTRES

PALABRA	TRADUCCIÓN	EJEMPLO
Sweet (s)	Dulce	My brother likes sweets .
Candy / candies	Dulce/ dulces	Children love candies .
Cake	Pastel	Jose eats chocolate cake .
Chocolate	Chocolate	My girlfriend loves chocolate .
Cookies	Galletas	I don't like vanilla cookies .
Ice-cream	Helado	Michelle wants ice-cream .

BEBIDAS

PALABRA	TRADUCCIÓN	EJEMPLO
A drink	Una bebida	Would you like a special drink ?
Bottled/ Mineral /Tap water	Agua embotellada/mineral/del grifo	I prefer bottled water .
Beer	Cerveza	Men like beer .
Coffee	Café	I love coffee with milk.
Juice	Jugo	Orange juice is delicious.
Lemonade	Limonada	Lemonade is not my favorite drink.
Milk	Leche	I have cereal and milk for breakfast.
Milkshake	Malteada	I'll have a strawberry milkshake .
Soda	Refresco	Sodas are not good for the health.
Tea	Té	I prefer tea because I don't like coffee.
Tequila	Tequila	I like tequila with lemon.
Wine	Vino	I always drink a glass of wine in the lunch.

VOCABULARIO RELACIONADO

PALABRA	TRADUCCIÓN	EJEMPLO
Food	Comida	My favorite food is spaghetti.
Meal	Comida	I have three meals in the day.
Breakfast	Desayuno	I usually eat quesadillas for breakfast .
Lunch	Almuerzo	I have lunch at 2:00 p.m.
Dinner	Cena	Carlos has dinner at 8:00 p.m. in the evening.
Mexican food	Comida mexicana	Mexican food is delicious.
Fast food	Comida rápida	My friends prefer fast food .
Salad	Ensalada	Flora eats salad with chicken.
Eggs	Huevo	Nadia likes eggs .
French fries	Papas fritas	I want French fries with a hamburger.
Chips	Papas fritas	I put some chips in my sandwich.
Hamburger	Hamburguesa	Hamburgers are delicious.
Pizza	Pizza	Karla prefers ham pizzas.
Rice	Arroz	John wants rice with beans.
Soup	Sopa	My mother prepares a vegetables soup .
Spaghetti	Espagueti	The chef cooks delicious spaghetti .
Sushi	Sushi (comida japonesa)	I love sushi .
Sandwich	Sándwich (emparedado)	Charles prefers a chicken sandwich .
Bread	Pan	We need to buy bread .
Butter	Mantequilla	She wants bread with butter .

Ice	Hielo	I drink coke with a lot of ice .
Cereal	Cereal	I usually have cereal in the mornings.
Cheese	Queso	Kate likes cheese .
Sugar	Azúcar	My uncle wants a cup of coffee with sugar .
Salt	Sal	You do not use a lot of salt in your food.
Pepper	Pimienta	I like lots of pepper in my soup.
Yogurt	Yogur	Betty wants strawberry yogurt .

RECIPIENTES Y PORCIONES

PALABRA	TRADUCCIÓN	EJEMPLO
A bottle (of)	Una botella (de)	I need a bottle of water. I'm thirsty!
A carton (of)	Una caja de cartón (de)	I have to buy a carton of milk.
A cup (of)	Una taza (de)	My father drinks a cup of coffee every afternoon.
A glass (of)	Un vaso (de)	I like to drink a glass of water when I go to bed.
A piece (of)	Una pieza (de)	I want a piece of muffin.
A litre/ liter of	Un litro de	I usually drink two litres of water.
Much	Mucho	Don't drink too much coke.

PALABRAS EN RESTAURANTE

PALABRA	TRADUCCIÓN	EJEMPLO
Bill	Cuenta	Can I have the bill , please?
Self-service	Auto servicio	I eat in a self-service on weekdays.
Junk food	Comida chatarra	I hardly never eat junk food .
Waiter	Mesero	The waiter is not good.
Menu	Menú	The Italian restaurant has a good menu .
Tip	Propina	I don't have cash for the tip .

LUGARES DE COMIDA

PALABRA	TRADUCCIÓN	EJEMPLO
Restaurant	Restaurante	I usually eat in a restaurant on weekends.
Café	Cafetería	I sometimes go to the café .
Pub	Bar Inglés	In England, the pubs open at 12 pm.
Bar	Bar	There is a new bar in front of the mall.

FRASES ADVERBIALES

PALABRA	TRADUCCIÓN	EJEMPLO
Once (a month, a week, a year)	Una vez (al mes/ a la semana/ al año)	I visit my parents once a year .

Twice (a month, a week, a year)	Dos veces (al mes/ a la semana/ al año)	I go to the cinema twice a month .
Three/four times a week a year a month	Tres / cuatro veces A la semana Al año Al mes	I swim three times a week .
CONECTORES DE SECUENCIA Y CONTRASTE		
PALABRA	TRADUCCIÓN	EJEMPLO
Then... and	Después... y...	Then take your medicine on time and eat healthy.
But	Pero	I speak Italian but I don't speak French.
Or	O	I usually swim at 6pm or 8pm.
Before that	Antes de eso	I have breakfast at 6:00 am, before that , I take a shower.
After that	Después de eso	I have dinner at 9pm, after that , I do my homework.