

Food and Eating

Comida y alimentación

comida y bebida • cocinar • comer en casa y fuera • alimentación sana

El vocabulario corresponde al nivel B1.

1 Food groups and everyday meals

English	En español	English	En español
food	comida	a meal	comida; platillo
breakfast / lunch / dinner	desayuno / comida / cena	a snack	botana; refrigerio
fruit and vegetables	frutas y verduras	dairy products	lácteos
meat / fish	carne / pescado	grains	cereales
bread / a loaf of bread	pan / pieza de pan	fresh / frozen	fresco / congelado
sweet / savory	dulce / salado	spicy / mild	picante / suave
a vegetarian / a vegan	vegetariano / vegano	a cookie (AmE) / a biscuit (BrE)	galleta
zucchini (AmE) / courgette (BrE)	calabacita	eggplant (AmE) / aubergine (BrE)	berenjena
coffee	café	tea	té
lactose intolerant	intolerante a la lactosa	a cafeteria (AmE) / a canteen (BrE)	cafetería de la escuela

Useful phrases

English	En español
I usually have cereal and fruit for breakfast.	En el desayuno normalmente como cereal y fruta.
My favorite meal is pasta with vegetables.	Mi platillo favorito es la pasta con verduras.
I try to eat regular meals.	Trato de comer a mis horas.

Countable and uncountable nouns: Say some bread, some food, a piece of fruit; use many with countable nouns and much with uncountable nouns.

Pregunta de examen: What do you usually eat and drink during a typical day?

2 Cooking and preparing food

Cooking vocabulary

English	En español	English	En español
an ingredient / a recipe	ingrediente / receta	to prepare a meal	preparar la comida
to chop / slice / peel	cortar / rebanar / pelar	to mix / stir	mezclar / revolver
to boil / fry	hervir / freír	to bake / roast	hornear / rostizar
to grill	asar a la parrilla	to serve	servir
a pot / a pan	olla / sartén	an oven / a stove	horno / estufa
a cutting board	tabla para picar	a spoon / a fork / a knife	cuchara / tenedor / cuchillo
delicious / tasty	delicioso; rico	to taste good	saber bien
juice	jugo	milk	leche

Useful phrases

English	En español
First, wash and chop the vegetables.	Primero lava y corta las verduras.
Then add the ingredients and stir everything.	Luego agrega los ingredientes y mezcla todo.
Heat the oven to 350°F / 180°C.	Precalienta el horno a 350 °F / 180 °C.
Finally, serve the meal while it is warm.	Al final sirve el platillo mientras está caliente.

Useful distinction: Cook means prepare food in general. Bake means cook in an oven, and boil means cook in hot water.

Pregunta de examen: Describe a simple meal that you can prepare. What ingredients do you need?

3 Eating out

In a restaurant or café

English	En español	English	En español
a menu	menú; carta	an appetizer (AmE) / a starter (BrE)	entrada
a main course	plato fuerte	a side dish	guarnición
a dessert	postre	a beverage / a drink	bebida
a reservation	reservación	a table for two	mesa para dos
a server (AmE) / a waiter or waitress	servicio; mesero/mesera	the check (AmE) / the bill (BrE)	cuenta
a tip	propina	takeout (AmE) / takeaway (BrE)	comida para llevar
fries (AmE) / chips (BrE)	papas fritas	chips (AmE) / crisps (BrE)	papas fritas (de bolsa)
hungry	con hambre	thirsty	con sed

Useful phrases

English	En español
Could I make a reservation for Friday evening?	¿Podría reservar una mesa para el viernes en la noche?
I'd like the grilled chicken, please.	Quiero el pollo a la parrilla, por favor.
Could we have some water and the check, please?	¿Nos trae agua y la cuenta, por favor?
Is there anything vegetarian on the menu?	¿Hay algo vegetariano en el menú?

Polite ordering: I'd like ... and Could I have ... are natural and polite ways to order food.

Pregunta de examen: Do you prefer eating at home or eating out? Explain your choice.

4 Shopping for food

At the store

English	En español	English	En español
a grocery store (AmE) / a grocery shop (BrE)	tienda de abarrotes	a supermarket	supermercado
a shopping cart (AmE) / a trolley (BrE)	carrito del súper	a basket	canasta
the checkout	caja	a cashier	cajero; cajera
a receipt	ticket, comprobante de compra	a price / a discount	precio / descuento
on sale	en oferta	to compare prices	comparar precios
a bottle / a can	botella / lata	a jar / a carton	frasco / caja
a package	empaque	an expiration date	fecha de caducidad
a shopping list	lista de compras	to run out of something	acabarse (las provisiones)
full	lleno, satisfecho	junk food	comida chatarra

Useful phrases

English	En español
I need a loaf of bread and a carton of milk.	Necesito un paquete de pan y un cartón de leche.
These apples are on sale today.	Estas manzanas están hoy en oferta.
Could you tell me where the dairy products are?	¿Me puede decir dónde están los lácteos?
We have run out of eggs.	Se nos acabaron los huevos.

Some and any: Use some mainly in positive sentences (some fruit) and any mainly in questions and negative sentences (Do you have any milk?).

Pregunta de examen: Where do you usually buy food, and what do you always have on your shopping list?

5 Healthy eating and food choices

Healthy and responsible choices

English	En español	English	En español
a balanced diet	dieta balanceada	nutrients	nutrientes
protein / fiber (AmE)	proteína / fibra	fibre (BrE)	fibra
calories	calorías	sugar / salt / fat	azúcar / sal / grasa
to stay hydrated	tomar suficientes líquidos	processed food	alimentos procesados
fast food	comida rápida	organic food	alimentos orgánicos
locally grown food	alimentos de cultivo local	food waste	desperdicio de comida
leftovers	sobras	recyclable packaging	empaque reciclable
a food allergy	alergia alimentaria	to avoid	evitar
vitamins	vitaminas	gluten-free	sin gluten

Useful phrases

English	En español
I try to eat more fruit and vegetables.	Trato de comer más frutas y verduras.
Too much sugar is not good for your teeth.	Demasiada azúcar daña los dientes.
I avoid food that I am allergic to.	Evito los alimentos a los que soy alérgico/alérgica.
We should not throw away good food.	No deberíamos tirar comida buena.

Too much / too many: Use too much with uncountable nouns (too much salt) and too many with countable nouns (too many sweets).

Pregunta de examen: What does a healthy diet mean to you? Are your eating habits healthy?