

[Home](#) > [ar](#).[cn](#).[de](#).[en](#).[es](#).[fr](#).[id](#).[it](#).[ph](#).[po](#).[ru](#).[sw](#)

[Contents](#) - [◀ Previous](#) - [Next ▶](#)

Nutrition-related and cooking terms

A

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|-----------------------|-------------------------|
| acidity | acidez (f) | |
| amino acid | aminoácido (m) | |
| anemia; anemic | anemia (f); anémico/a | |
| appetite | apetito (m) | |
| | | |

avitaminosis avitaminosis (f)

B

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|-------------------------|-------------------------|
| bacteria | bacteria (f) | |
| baked | asado/a, horneado/a | |
| balanced | balanceado /a | |
| barbecue | barbacoa (f), asado (m) | churrasco (m) |
| basin | palangana (f) | |
| beaten; beater | batido/a; batidora (f) | |
| beliefs | creencias (f) | |
| beriberi | beriberi (m) | |
| bitter | amargo/a | |

| | | |
|-----------------|------------------------------------------|-----------|
| boiled | hervido/a, cocido/a | |
| bottle | botella (f) | |
| bottle baby | biberón (m) | pacha (f) |
| bottle opener | abridor de botellas, destapador (m) | |
| botulism | botulismo (m) | |
| breaded | empanado/a | |
| breakfast | desayuno (m) | |
| breast milk | leche materna (f) | |
| (to) breastfeed | dar el pecho, dar de mamar, amamantar | |
| broiled | asado/a | |
| browned | dorado/a | |

C

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|-------------------------|-------------------------------|--------------------------------|
| caffeine | cafeína (f) | |
| calcium | calcio (m) | |
| calorie | caloría (f) | |
| can (container); canned | lata (f); en lata, enlatado/a | |
| can opener | abrelatas (m) | |
| carbohydrate | carbohidrato (m) | |
| casserole | cacerola (f) | |
| centigrade | centígrado/a | |
| cholesterol | colesterol (m) | |
| chopped | picado/a | |
| clay griddle | comal (m) | |
| | | |

| | | |
|--------------------------------|-------------------------------------|--|
| coffee pot colander | cafetera (f) colador (m) | |
| cold (temperature) | frío/a | |
| combination | combinación (f) | |
| contaminated; contamination | contaminado/a; contaminación (f) | |
| cooked | cocido/a, cocinado/a | |
| cool (temperature) | fresco/a | |
| cork | corcho (m) | |
| corkscrew | saca corchos (m) | |
| cup | taza (f) | |
| cup measuring | taza para medir (f) | |
| curdled | cuajado/a | |
| cut; cutting board | cortado/a; tabla (f) | |

D

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------------------|------------------------------------|-------------------------|
| data | datos (m) | |
| deficient; deficiency | deficiente; deficiencia (f) | |
| dehydrated; dehydration | deshidratado/a; deshidratación (f) | |
| delicious | delicioso/a, rico/a, sabroso/a | |
| development | desarrollo (m) | |
| diabetes; diabetic | diabetes (f); diabético/a | |
| diarrhea | diarrea (f) | asientos (m) |
| diced | cortado/a en cubitos | |
| diet | dieta (f) | |

| | | |
|----------------------|-----------------------|-------------|
| dietician | dietista (m/f) | |
| digestion | digestión (f) | |
| dinner | cena, comida (f) | |
| dirty | sucio/a | |
| dish (meal or plate) | plato (m) | |
| dishes | platos (m) | trastes (m) |
| dozen | docena (f) | |
| drink; (alcoholic) | bebida (f), trago (m) | |
| dry, dried | seco/a | |

E

| English | Spanish | Slang/"Modismos" |
|----------------|----------------|-------------------------|
| | | |

| | | |
|-------------------|--------------------------|--|
| (to) eat | comer | |
| eat breakfast | desayunar | |
| eat lunch | almorzar | |
| eat dinner/supper | cenar | |
| edema | edema (m), hinchazón (f) | |
| emaciation | enflaquecimiento (m) | |
| empty | vacío/a | |
| evaluation | evaluación (f) | |

F

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|----------------|-------------------------|
| fahrenheit | fahrenheit | |
| | | |

| | | |
|----------------------------|----------------------------|--|
| fast (abstinence) | ayuno (m) | |
| fat (overweight); (grease) | gordo/a; grasa (f) | |
| fatty | grasoso/a | |
| (to) feed | alimentar, dar de comer | |
| firewood | leña (f) | |
| flavor | sabor (m) | |
| flour sifter | cernidor de harina (m) | |
| flyswatter | mata moscas (m) | |
| food | comida (f), alimento (m) | |
| food solid | alimento sólido (m) | |
| fork | tenedor (m) | |
| formula (baby) | fórmula láctea (f) | |
| frequent feedings | alimentación frecuente (f) | |
| fresh | fresco/a | |

| | | |
|------------|------------|--|
| fried | frito/a | |
| frying pan | sartén (f) | |
| full | lleno/a | |

G

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|-------------------|-------------------------|
| (to) gain | ganar | |
| gain weight | augmentar de peso | |
| gallon | galón (m) | |
| garbage | basura (f) | |
| garbage can | basurero (m) | |
| germ | germen (m) | |
| | | |

| | | |
|-----------------|------------------------------|--|
| glass | vaso (m) | |
| glucose | glucosa (f) | |
| goiter | bocio (m) | |
| good | bueno/a | |
| gradual process | proceso lento/gradual (m) | |
| gram | gramo (m) | |
| grated | rallado/a | |
| grater | rallador (m) | |
| grease; greasy | grasa (f); grasoso/a | |
| grinding stone | piedra de moler (m) | |
| groceries | comestibles, víveres (m) | |
| growth | crecimiento (m) | |

H

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|-------------------------------|--------------------------------------|--------------------------------|
| habits | hábitos (m), costumbres (f) | |
| half | medio/a, mitad (f) | |
| handful | puñado/a | |
| hard (consistency) | duro/a | |
| head (e.g. of lettuce) | cabeza (f) | |
| health; healthy | salud (f); sano/a | |
| heavy | pesado/a | |
| height | talla, altura, estatura (f) | |
| hospitalization | hospitalización (f) | |
| hot (temperature); (spicy) | caliente; picante, condimentado/a | |

| | | |
|----------------|----------------|--|
| (to be) hungry | (tener) hambre | |
| higiene | higiene (f) | |

I

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|-----------------|------------------------------|-------------------------|
| ice | hielo (m) | |
| improvement | mejora (f) | |
| increase | aumento (m) | |
| indigestion | indigestión (f) | empacho (m) |
| indulgence | indulgencia (f) | |
| infant; infancy | niño, bebé (m); infancia (f) | |
| ingredient | ingrediente (m) | |
| intake | consumo (m) | |

| | | |
|--------------|------------------|--|
| intoxication | intoxicación (f) | |
| iodine | yodo (m) | |
| iron | hierro (m) | |

J

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|----------------|-------------------------|
| jar | frasco (m) | |

K

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|----------------|-------------------------|
| kilogram | kilogramo (m) | |

| | | |
|-------------|-----------------|--|
| kitchen | cocina (f) | |
| knife | cuchillo (m) | |
| kwashiorkor | kwanhiorkor (m) | |

L

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------------------------|----------------------------------------|-------------------------|
| lack | falta, escasez (f) | |
| lactation; lactating (mother) | lactancia (f), (madre) lactante (f) | |
| large | grande (m/f) | |
| lethargy | letargo (m) | |
| lid | tapa, tapadera (f) | |

| | | |
|-------------------------|-----------------------|--|
| liquid | líquido (m) | |
| liter | litro (m) | |
| little (size); (amount) | pequeño/a, poco/a | |
| long | largo/a | |
| loss (weight) | pérdida (de peso) (f) | |
| low | bajo/a | |
| lunch | almuerzo (m) | |

M

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|-----------------------|--------------------------------|-------------------------|
| malnourished | desnutrido/a | |
| malnutrition | desnutrición (f) | |
| malnutrition protein- | desnutrición protéica-calórica | |

| | | |
|-----------------------|---------------------------------|--|
| calorie (PCM) | (DPC) (f) | |
| marasmus | marasmo (m) | |
| mashed | machacado/a | |
| mastitis | mastitis (f) | |
| matches | fósforos (m) | |
| meal | comida (f) | |
| (to) measure; measure | medir, tomar medida; medida (f) | |
| measuring cup | taza de medir (f) | |
| measuring spoon | cuchara de medir (f) | |
| menu | menú (m) | |
| metabolism | metabolismo (m) | |
| microbe | microbio (m) | |
| milligram | miligramo (m) | |

| | | |
|-------------------------------|------------------------|--|
| milliliter | mililitro (m) | |
| minerals | minerales (m) | |
| mixed; mixture | mezclado/a; mezcla (f) | |
| moderation | moderación (f) | |
| mold (fungus); (container) | moho; molde (m) | |
| mother's milk | leche materna (f) | |
| mouth | boca (f) | |

[Continue](#)

[Contents](#) - [◀ Previous](#) - [Next ▶](#)

[Home](#) > [ar](#).[cn](#).[de](#).[en](#).[es](#).[fr](#).[id](#).[it](#).[ph](#).[po](#).[ru](#).[sw](#)

[Contents](#) - [◀ Previous](#) - [Next ▶](#)

N

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|-----------------|------------------------------------------|-------------------------|
| napkin | servilleta (f) | |
| nausea | náusea, basca (f) | |
| negligence | negligencia (f) | |
| newborn | recién nacido/a | |
| night blindness | ceguera nocturna (f) | |
| nipple | pezón (m) | |
| (to) nurse | dar de mamar, dar el pecho, amamantar | |

| | | |
|----------------|---------------------|--|
| nursing mother | madre lactante (f) | |
| nutrition | nutrición (f) | |
| nutritionist | nutricionista (m/f) | |

O

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|--------------------------------|-------------------------|
| obese; obesity | gordo/a, obeso/a; obesidad (f) | |
| oral | oral | |
| ounce | onza (f) | |
| oven | horno (m) | |
| overweight | sobrepeso (m) | |

P

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|-------------------|-------------------------|
| pacifier | chupete (m) | pepe (m) |
| parasite | parásito (m) | |
| pasteurized | pasteurizado/a | |
| peel, peeling | cascara (f) | |
| pellagra | pelagra (f) | |
| pickled | encurtido /8 | |
| pint | pinta (f) | |
| pitcher | jarra (f) | pichel (m) |
| placemats | salvamanteles (m) | individuales (m) |
| plate | plato (m) | traste (m) |
| platter | fuelle (f) | |
| | | |

| | | |
|---------------------------------------|---------------------------------------------|--|
| poison | veneno (m) | |
| portion | porción (f) | |
| pot | olla (f) | |
| pound | libra (f) | |
| pressure cooker | olla de presión (f) | |
| privation | privación (f) | |
| progress | progreso (m) | |
| proportion | proporción (f) | |
| protein | proteína (f) | |
| protein complementary | proteína complementaria (f) | |
| protein complete | proteína completa (f) | |
| protein-calorie malnutrition (PCM) | desnutrición protéica-calórica (DPC) (f) | |
| pure | puro/a | |
| | | |

puree

puré (m)

Q

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|----------------------------|-------------------------|
| quality | cualidad, calidad (f) | |
| quantity | cantidad (f) | |
| quart | cuarto (m) | |
| quarter (1/4) | cuarto/a, cuarta parte (f) | |

R

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|----------------|-------------------------|
|----------------|----------------|-------------------------|

| | | |
|----------------|------------------------------|-----------|
| ration | ración (f) | |
| raw | crudo/a | |
| recipe | receta (f) | |
| recuperation | recuperación (f) | |
| refrigerator | refrigerador/a | refri (f) |
| rehabilitation | rehabilitación (f) | |
| rehydration | rehidratación (f) | |
| resistence | resistencia (f) | |
| rickets | requitismo (m), raquitis (f) | |
| ripe | maduro/a | |
| risk | riesgo (m) | |
| risk high | alto riesgo (m) | |
| roasted | asado/a, horneado/a | |
| | | |

| | | |
|--------------------|------------------------------------------------------|--|
| rotten roughage | podrido/a alimento/forraje difícil de digerir (m) | |
|--------------------|------------------------------------------------------|--|

S

| English | Spanish | Slang/"Modismos" |
|----------------------|----------------------------|-------------------------|
| salt shaker | salero (m) | |
| salty | salado/a | |
| sanitary | sanitario/a, higiénico/a | |
| sauce | salsa (f) | |
| saucer | platillo (m) | |
| sautéd | salteado/a | |
| scale (for weighing) | balanza, báscula, pesa (f) | |
| | | |

| | | |
|----------------------|----------------------------------------------------------|--|
| scarce schedule | escaso/a horario (m) | |
| screening (metal) | tela metálica (f) | |
| scurvy | escorbuto (m) | |
| seed | semilla (f) | |
| serving | porción (f) | |
| severe | severo/a, grave (m/f) | |
| silverware | cubiertos (m) | |
| skinny | flaco/a | |
| slice | tajada, rebanada, rueda (round) (f) | |
| smelly | oloroso/a | |
| smoked | ahumado/a | |
| snack | refacción, merienda (f), bocado (m) boca, boquita (f) | |

| | | |
|-----------------|------------------------------------------------------|--|
| soft | suave (m/f) | |
| solid | sólido/a | |
| soup bowl | sopera (f) | |
| sour | agrio/a | |
| spatula | espátula (f) | |
| spice; spicy | especia (f), condimento (m), picante, condimentado/a | |
| spoiled (food) | podrido/a | |
| spoon; spoonful | cuchara cucharada (f) | |
| starch | almidón (m) | |
| starving | muriéndose de hambre | |
| steam; steamed | vapor (m), cocido/a a vapor | |
| stomach | estómago (m) | |
| strained; | colado/a; colador (m) | |

| | | |
|-------------|--------------------------|--|
| strainer | | |
| sugar bowl | azucárela (f) | |
| supper | cena (f) | |
| susceptible | susceptible (m/f) | |
| sweet | dulce (m/f) | |
| swelling | hinchazón (f), edema (m) | |

T

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|------------------------------|------------------------|-------------------------|
| table | mesa (f) | |
| tablecloth | mantel (m) | |
| tablespoon; tablespoonful | cuchara; cucharada (f) | |

| | | |
|-----------------------|-----------------------------------|-------|
| taste (sense) | sentido del gusto (m) | |
| taste (to try) | probar | |
| tasteless | sin sabor | |
| tasty | sabroso/a, delicioso/a, rico/a | |
| teaspoon; teaspoonful | cucharita, cucharadita (f) | |
| tender | tierno/a, suave (m/f) | suave |
| tepid | tibio/a | |
| theory | teoría (f) | |
| therapy; therapeutic | terapia (f); terapéutico/a | |
| thick (consistency) | espeso/a | |
| thin | delgado/a | |
| toasted | tostado/a | |
| toothpick | palillo (m) | |

| | | |
|-------|-------------|--|
| tough | duro/a | |
| towel | toalla (f) | |
| trash | basura (f) | |
| tray | bandeja (f) | |

U

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|-------------------------------|-------------------------|
| unbreakable | irrompible (m/f) | |
| undernourished | desnutrido/s, malnutrido/a | |
| useful | útil (m/f) | |
| useless | inútil (m/f) | |
| utensil | utensilio (m) | |

V

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|----------------|-------------------------|
| vegetarian | vegetariano/a | |
| vitamin | vitamina (f) | |

W

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|---------------------|----------------------|-------------------------|
| warm | tibio/a | |
| (to) wash; washable | lavar; lavable (m/f) | |
| water | agua (f) | |
| | | |

| | | |
|---------------------------------|--------------------------------------|--|
| (to) wean; weaning (process) | destetar; destete (m) | |
| (to) weigh | pesar | |
| weight | paso (m) | |
| weight to gain | aumentar te peso | |
| weight to lose; loss | rebajar de peso; pérdida de peso (f) | |
| weight chart | gráfica te peso (f) | |
| well (healthy) | (estar) bien, sano/a | |
| wet | mojado/a | |
| whipped | batido/a | |
| whole | entero/a | |
| wide | ancho/a | |
| worm | lombríz (f) | |

X

| English | Spanish | Slang/"Modismos" |
|----------------|-----------------|-------------------------|
| xerophthalmia | xeroftalmia (f) | |

[Contents](#) - [◀ Previous](#) - [Next ▶](#)

[Home](#) > [ar](#).[cn](#).[de](#).[en](#).[es](#).[fr](#).[id](#).[it](#).[ph](#).[po](#).[ru](#).[sw](#)

[Contents](#) - [◀ Previous](#) - [Next ▶](#)

Food and drink

Meat cuts**Meat terms****A**

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|-----------------------|---------------------------------|--------------------------------|
| alcohol | alcohol (bebida alcohólica) (m) | |
| almond | almendra (f) | |
| anchovy | anchoa (f) | |
| anise | anís (m) | |
| apple | manzana (f) | |
| apricot | albaricoque (m) | |
| artichoke | alcachofa (f) | |
| asparagus | espárrago (m) | |
| atole | atol (m) | |

| | | |
|---------|--------------|--|
| avocado | aguacate (m) | |
|---------|--------------|--|

B

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|--------------------------|-------------------------|
| bacon | tocino (m) | |
| baking powder | polvo de hornear (m) | Royal (m) |
| baking soda | bicarbonato de sodio (m) | |
| banana | banano (m) | |
| barbecue | asado (m), barbacoa (f) | churrasco (m) |
| barley | cebada (f) | |
| basil | albahaca (f) | |
| base (white) | corvina (f) | |

| | | |
|-----------------|---------------------------|--|
| bay leaf | laurel (m) | |
| bean | frijol (m) | |
| bean black | frijol negro (m) | |
| bean green | ejote (m), habichuela (f) | |
| bean kidney | frijol colorado (m) | |
| bean lima/broad | haba (f) | |
| bean navy | frijol blanco (m) | |
| beef | carne de res (f) | |
| beef ground | carne de res molida (f) | |
| beef roast | rosbif (m) | |
| beet | remolacha (f) | |
| beer | cerveza (f) | |
| beverage | bebida (f) | |
| biscuit | panecillo (m) | |

| | | |
|-----------------|---------------------|--|
| booze | guaro (m) | |
| bread | pan (m) | |
| bread French | pan francés (m) | |
| bread sweet | pan dulce (m) | |
| bread crumbs | migajas de pan (f) | |
| breast milk | leche materna (f) | |
| broccoli | brócoli (m) | |
| broth | caldo (m) | |
| brussel sprouts | col de Bruselas (f) | |
| butter | mantequilla (f) | |

C

| | | |
|----------------|----------------|-------------------------|
| English | Spanish | Slang/"Modismos" |
|----------------|----------------|-------------------------|

| <u>English</u> | <u>Spanish</u> | <u>Spanish - Medicines</u> |
|----------------|-------------------------------------|----------------------------|
| cabbage | repollo (m) | |
| cake | pastel (m) | |
| candy | dulce (m) | |
| cantalope | melón (m) | |
| cardamom | cardamomo (m) | |
| carrot | zanahoria (f) | |
| cashew | marañón (m), semilla de marañón (f) | |
| cassava | yuca (f) | |
| casserole | cacerola (f) | |
| catsup | salsa de tomate (f) | |
| cauliflower | coliflor (f) | |
| cayenne | pimentón (m) | |
| celery | apio (m) | |

| | | |
|----------------|-----------------------|--|
| cereal | cereal (m) | |
| champagne | champaña (f) | |
| chard (swiss) | acelga (f) | |
| chayote | güisquil, chayote (m) | |
| cheese | queso (m) | |
| cheese cottage | requesón (m) | |
| cheese cream | queso crema (m) | |
| cherimoya | chirimoya (f) | |
| cherry | cereza (f) | |
| chick peas | garbanzos (m) | |
| cheese | pollo (m) | |
| cheese baked | pollo asado (m) | |
| cheese fried | pollo frito (m) | |

| | | |
|---------------|--------------------|--|
| chicken broth | caldo de pollo (m) | |
| chicken soup | sopa de pollo (f) | |
| chicory | chicornia (f) | |
| chive | cebollino (m) | |
| chocolate | chocolate (m) | |
| cider | sidra (f) | |
| cinnamon | canela (f) | |
| clam | almeja (f) | |
| clove | clavo de olor (m) | |
| cocktail | coctel (m) | |
| cocoa | cacao (m) | |
| coconut | coco (m) | |
| coconut milk | agua de coco (f) | |
| cod | bacalao (m) | |
| | | |

| | | |
|-----------------|----------------------|-----------------|
| coffee | café (m) | |
| coffee instant | café instantáneo (m) | |
| cola drink | coca (f) | |
| cold cuts | fiambre (m) | |
| collard | col (f) | |
| consomme | consomé (m) | |
| cookie | galleta (f) | |
| coriander | culantro (m) | |
| corn | maíz (m) | |
| corn bread | pan de maíz (m) | |
| corn flakes | hojuelas de maíz (f) | coro flakes (m) |
| cornmeal | harina de maíz (f) | |
| corn on the cob | elote (m) | |
| cornstarch | maizena (f) | |

| | | |
|------------------|------------------------|--|
| crab | cangrejo (m) | |
| cracker | galleta (f) | |
| cream | crema, nata (f) | |
| cream sour | crema agria (f) | |
| cucumber | pepino (m) | |
| cumin seed | comino (m) | |
| curd; curdled | cuajada (f); cuajado/a | |
| custard | flan (m) | |
| cutlet (breaded) | milanesa (f) | |

D

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|----------------|-------------------------|
| date | dátil (m) | |

| | | |
|------------------|--------------------|--|
| dandelion greens | diente de león (m) | |
| dessert | postre (m) | |
| duck | pato (m) | |

E

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|-----------------|--------------------------|-------------------------|
| egg | huevo (m) | |
| egg fried | huevo frito (m) | huevo estrellado (m) |
| egg hard-boiled | huevo duro (m) | |
| egg poached | huevo tibio, hervido (m) | |
| egg scrambled | huevo revuelto (m) | |
| | | |

| | | |
|-----------------|------------------------------------|--|
| egg soft-boiled | huevo pasado por agua, huevo tibio | |
| eggplant | (m) berenjena (f) | |
| egg white | clara de huevo (f) | |
| egg yolk | yema de huevo (f) | |
| endive | escarola (f) | |

F

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|----------------|-------------------------|
| fat (grease) | grasa (f) | |
| fig | higo (m) | |
| fish | pescado (m) | |
| flounder | lenguado (m) | |
| | | |

| | | |
|-------------|--------------------------|--|
| flour | harina (f) | |
| food | comida (f), alimento (m) | |
| formula | fórmula (f) | |
| fruit | fruta (f) | |
| fruit salad | ensalada de frutas (f) | |

G

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|------------------------|-------------------------|
| garlic | ajo (m) | |
| gelatin | gelatina (f) | |
| gelatin fruit | gelatina con fruta (f) | |
| ginger | gengibre (m) | |
| goat | cabra (f) | |

| | | |
|-------------|-----------------------------|--|
| goose | ganso (m) | |
| grain | grano (m) | |
| granadilla | granadilla (f) | |
| grape | uva (f) | |
| grapefruit | toronja (f) | |
| green beans | ejotes (m), habichuelas (f) | |
| guava | guayaba (f) | |

H

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|-----------------|-------------------------|
| ham | jamón (m) | |
| hamburger | hamburguesa (f) | |

| | | |
|------------------|--------------------|--|
| hash | picadillo (m) | |
| honey | miel (f) | |
| honeydew (melon) | melón tuna (m) | |
| horseradish | rábano picante (m) | |
| hot sauce | salsa picante (f) | |

I

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|-----------------|-------------------------|
| ice | hielo (m) | |
| ice cream | helado (m) | |
| ingredient | ingrediente (m) | |

J

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|-------------------|-------------------------|
| jam | mermelada (f) | |
| jello | gelatina (f) | |
| jelly | jalea (f) | |
| juice | jugo (m) | |
| junket | leche cuajada (f) | |

K

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|-------------------|-------------------------|
| kumquat | naranja china (f) | |

L

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|------------------------|-------------------------|
| lamb | cordero (m) | |
| lamb chop | chuleta de cordero (f) | |
| lard | manteca (f) | |
| leek | puerro (m) | |
| lemon | limón (m) | |
| lemonade | limonada (f) | |
| lentils | lentejas (f) | |
| lettuce | lechuga (f) | |
| lima beans | habas verdea (f) | |
| lime | lima (f) | |

| | | |
|---------|--------------|--|
| liquor | licor (m) | |
| liver | hígado (m) | |
| lobster | langosta (f) | |
| loquat | níspero (m) | |

[Continue](#)

[Contents](#) - [◀ Previous](#) - [Next ▶](#)

[Home](#) > [ar](#).[cn](#).[de](#).[en](#).[es](#).[fr](#).[id](#).[it](#).[ph](#).[po](#).[ru](#).[sw](#)

[Contents](#) - [◀ Previous](#) - [Next ▶](#)

M

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|-----------------|------------------|-------------------------|
| macaroni | macarrón (m) | |
| mamey | mamey (m) | |
| mandarin | mandarina (f) | |
| mango | mango (m) | |
| margarine | margarina (f) | |
| marjoram (wild) | orégano (m) | |
| mayonnaise | mayonesa (f) | |
| meat | carne (f) | |
| meat beef | carne de res (f) | |
| organ meats | vísceras (f) | |
| meat balls | albóndigas (f) | |
| melon | melón (m) | |
| melon honeydew | melón tuna (m) | |
| | | |

| | | |
|-----------------|--------------------------|------------------|
| melon musk | melón (m) | |
| melon water | sandía (f) | |
| milk | leche (f) | |
| milk condensed | leche condensada (f) | |
| milk evaporated | leche evaporada (f) | |
| milk powdered | leche en polvo (f) | |
| milk skim | leche descremada (f) | |
| milk products | productos lácteos (m) | |
| mint | menta (f) | hierba buena (f) |
| molasses | melaza, miel de caña (f) | |
| mombin | jacote (m) | |
| momoncilo | mamón (m) | |
| mother's milk | leche materna (f) | |
| mushroom | champiñón, hongo (m) | |

| | | |
|---------|-------------|--|
| mustard | mostaza (f) | |
|---------|-------------|--|

N

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|-----------------------------------|-------------------------|
| naranjilla | naranjilla (f) | |
| navy bean | frijol blanco (m) | |
| noodles | fideos, tallarines (m), pasta (f) | |
| nut (s) | nuez (nueces) (f) | |
| nutmeg | nuez moscada (f) | |

O

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|-----------------------|------------------------|--------------------------------|
| oatmeal | avena (f) | mosh (m) |
| oats | avena (f) | |
| octopus | pulpo (m) | |
| oil | aceite (m) | |
| okra | ocra (f) | |
| olive | aceituna (f) | |
| onion | cebolla (f) | |
| orange | naranja (f) | |
| orange juice | jugo de naranja (m) | |
| oregano | orégano (m) | |
| organ | órgano (m) | |
| oyster | ostra (f), ostión (m) | |

P

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|--------------------------|-------------------------|
| pancake | panqueque (m) | |
| papaya | papaya (f) | |
| paprika | pimentón (m) | |
| parsley | perejil (m) | |
| parsnip | chirivía (f) | |
| pastry | pastel (m) | |
| pea | arveja (f), guisante (m) | |
| peach | melocotón, durazno (m) | |
| peanut | maní (m) | manía (f) |
| peanut butter | mantequilla de maní (f) | |

| | | |
|----------------|---------------------------------|---------|
| pear | pera (f) | |
| pepper (black) | pimienta negra (f) | |
| pepper bell | pimiento (m) | |
| pepper chile | chile dulce (m) | |
| pepper hot | chile (m) | |
| pepper sweet | chile dulce, chile pimiento (m) | |
| pickle | pepinillo, pepino encurtido (m) | |
| pie | tarta (f) | pay (m) |
| pineapple | piña (f) | |
| plantain | plátano (m) | |
| plum | ciruela (f) | |
| pomegrante | granada (f) | |
| | | |

| | | |
|---------------------------|-------------------------------|--------------------------|
| popcorn | palomitas de maíz (f) | poporopo (m) |
| pork | cerdo(m), carne de puerco (f) | carne de marrano (f) |
| pork chops | chuleta de puerco (f) | chuleta de marrano (f) |
| pork ribs | costillas de puerco (f) | costillas de marrano (f) |
| potato | papa (f) | |
| potato baked | papa horneada, papa asada (f) | |
| potato fried/french fried | papas fritas (f) | |
| potato mashed | puré de papa (m) | |
| potato sweet | batata (f), camote (m) | |
| potato chips | papas fritas (f) | papalinas (f) |
| prune | ciruela pasa (f) | |

| | | |
|---------|-------------------------|--|
| pudding | flan, pudín (m) | |
| pumpkin | ayote (m), calabaza (f) | |
| puree | puré (m) | |

Q

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|------------------|-------------------------|
| quince | membrillo (m) | |

R

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|----------------|-------------------------|
| | | |

| | | |
|-----------|---------------|--|
| rabbit | conejo (m) | |
| radish | rabano (m) | |
| raisin | pasa (f) | |
| raspberry | frambuesa (f) | |
| rhubarb | ruibarbo (m) | |
| rice | arroz (n) | |
| rind | cáscara (f) | |
| root | raíz (f) | |
| rum | ron (m) | |
| rutabaga | rutabaga (f) | |
| rye | centeno (m) | |

S

| <u>English</u> | <u>Spanish</u> | <u>Slang/ MODISMOS</u> |
|----------------|---------------------------------------|------------------------|
| saffron | azafrán (m) | |
| sage | salvia (f) | |
| salad | ensalada (f) | |
| salmon | salmón (m) | |
| salt; salty | sal (f); salado/a | |
| sandwich | sandwiche, emparedado (m) | |
| sardine | sardina (f) | |
| sauce | salsa (f) | |
| sausage | chorizo (m), salchicha, longaniza (f) | |
| seasoning | condimento (m), especia (spice) (f) | |
| sesame (seed) | ajonjolí, sésamo (m) | |
| shellfish | marisco (m) | |
| sherbert | nieve (f) | |

| | | |
|---------------|------------------------------------------|----------|
| shrimp | camarón (m) | |
| snapper (red) | pargo (m) | |
| soda pop | soda, agua gaseosa (f) | agua (f) |
| sorghum | sorgo (m) | |
| soup | sopa (f) | |
| soy/soybean | soya, soja (f) | |
| spaghetti | espagueti, fideos (m) | |
| spearmint | hierba buena (f) | |
| spice | especia (f), condimento (m) | |
| spinach | espinaca (f) | |
| squash | zapallo, ayote, güicoy (m), calabaza (f) | |
| squid | calamar (m) | |
| starch | almidón (m) | |

| | | |
|------------------|------------------------|--|
| steak | bistec, filete (m) | |
| stew | guisado, estafado (m) | |
| strawberry | fresa (f) | |
| stuffed/stuffing | relleno (m) | |
| sugar | azúcar (m) | |
| sugar brown | azúcar morena (m) | |
| sugar powdered | azúcar en polvo (m) | |
| sugar unrefined | panela (f) | |
| sugar cane | caña de azúcar (f) | |
| sunflower (seed) | semilla de girasol (f) | |
| syrup | jarabe (m) | |

T

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|-----------------------|-----------------------|--------------------------------|
| tamale | tamal (m) | |
| tamale potato | | pache (m) |
| tamale small | | chuchito (m) |
| tamarind | tamarindo (m) | |
| tangerine | mandarina (f) | |
| tarragon | tarragona (f) | |
| tea | té (m) | |
| thyme | tomillo (m) | |
| toast | pan tostado (m) | |
| tomato | tomate (m) | |
| tomato paste | pasta de tomate (f) | |
| tomato sauce | salsa de tomate (f) | |
| | | |

| | | |
|-----------|--------------|--------------------------|
| tortilla | tortilla (f) | pishtón (large tortilla) |
| trout | trucha (f) | |
| turmeric | cúrcuma (f) | |
| tuna fish | atún (m) | |
| turkey | pavo (m) | chompipe (m) |
| turnip | nabo (m) | |
| turtle | tortuga (f) | |

V

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|----------------|-------------------------|
| vanilla | vainilla (f) | |
| veal | ternera (f) | |
| | | |

| | | |
|--------------------------|---------------------------------------|--|
| veal cutlet vegetable | chuleta de ternera (f) verdura (f) | |
| venison | venado (m) | |
| vinegar | vinagre (m) | |

W

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|----------------|-------------------------|
| water | agua (f) | |
| watercress | berro (m) | |
| watermelon | sandía (f) | |
| wheat | trigo (m) | |
| whiskey | whiskey (m) | |
| | | |

| | | |
|----------------------|-------------------|--|
| wine | vino (m) | |
| worcestershire sauce | salsa inglesa (f) | |

Y

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|----------------|-------------------------|
| yam | ñame (m) | |
| yeast | levadura (f) | |
| yolk (egg) | yema (f) | |

Z

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|-------------------|-------------------------|
| zapote | mamey, zapote (m) | |

[Contents](#) - [◀ Previous](#) - [Next ▶](#)

[Home](#) > [ar](#).[cn](#).[de](#).[en](#).[es](#).[fr](#).[id](#).[it](#).[ph](#).[po](#).[ru](#).[sw](#)

[Contents](#) - [◀ Previous](#) - [Next ▶](#)

Meat cuts

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|----------------|-------------------------|
| blood | sangre (f) | |
| bone | hueso (m) | |
| brains | sesos (m) | |
| | | |

| | | |
|----------------------------|-----------------------------|--|
| breast cutlet (breaded) | pechuga (f) milanesa (f) | |
| feet | patas (f) | |
| filet mignon | filete miñón (m) | |
| ground meat | carne molida (f) | |
| ham | jamón (m) | |
| head | cabeza (f) | |
| heart | corazón (m) | |
| intestines | intestinos (m), tripas (f) | |
| kidney | riñón (m) | |
| leg | pierna (f), muslo (m) | |
| liver | hígado (m) | |
| lung | pulmón (bofe) (m) | |
| rib | costilla (f) | |
| stomach | estómago (m), panza (f) | |

| | | |
|------------|--------------|--|
| tenderloin | lomo (m) | |
| tongue | lengua (f) | |
| tripe | mondongo (m) | |

Meat terms

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|----------------|-------------------------|
| dried | seca | |
| fat | gorda | |
| lean | magra, flaca | |
| medium | término medio | |

| | | |
|-----------|---------------------------------------|--|
| pieces | pedazos, trozos | |
| rare | bastante cruda, cruda, de dos vueltas | |
| raw | cruda | |
| smoked | ahumada | |
| well done | bien asada/cocida | |
| with bone | con hueso | |

[Contents](#) - [◀ Previous](#) - [Next ▶](#)

[Home](#) > [ar](#).[cn](#).[de](#).[en](#).[es](#).[fr](#).[id](#).[it](#).[ph](#).[po](#).[ru](#).[sw](#)

[Contents](#) - [◀ Previous](#) - [Next ▶](#)

Medical and culinary herbs

A

| <u>English</u> | <u>Spanish</u> |
|-------------------------|--------------------|
| alfalfa | alfalfa |
| allspice | pimienta |
| amaranth | gorda |
| anise | bledo |
| annato (coloring agent) | anís |
| artichoke leaves | achiote |
| | hojas de alcachofa |

B

| <u>English</u> | <u>Spanish</u> |
|----------------|----------------|
| basil | albahaca |
| bay leaf | laurel |
| blue vervain | verbena azul |
| borage | borraja |

C

| <u>English</u> | <u>Spanish</u> |
|----------------|----------------|
| camomille | manzanilla |
| | |

| | |
|---------------|------------------|
| capers | alcaparras |
| caraway seeds | alcaravea |
| cardamon | cardamomo |
| catnip | hierba de gato |
| cayenne | cayena |
| celery | apio |
| celery seeds | semillas de apio |
| chervil | perifollo |
| chicory | chicornia |
| chives | cebollino |
| chutney | chutney |
| cinnamon | canela |
| clove | clavo de olor |
| comfrey | consuelda |
| coriander | culantro |

| | |
|------------|------------------------|
| crotalaria | chipilín |
| cumin | comino |
| curry | condimento de curry |

D

| <u>English</u> | <u>Spanish</u> |
|-----------------------|-----------------------|
| dandelion | amargón |
| dandelion (greens) | diente de león |
| dill | eneldo |

E

| <u>English</u> | <u>Spanish</u> |
|----------------|----------------|
| eucalyptus | eucalipto |

F

| <u>English</u> | <u>Spanish</u> |
|-----------------|----------------|
| fennel | hinojo |
| foot of a child | pie de niño |

G

| <u>English</u> | <u>Spanish</u> |
|----------------|----------------|
| garlic | ajo |

| | |
|--------|----------|
| ginger | jengibre |
|--------|----------|

H

| <u>English</u> | <u>Spanish</u> |
|----------------|-----------------|
| herb | hierba/yerba |
| hibiscus | rosa de Jamaica |
| holy thistle | cardo santo |
| horseradish | rábano picante |
| horsetail | cola de caballo |

J

| <u>English</u> | <u>Spanish</u> |
|----------------|----------------|
| jasmine | jazmín |

L

| <u>English</u> | <u>Spanish</u> |
|-----------------|----------------|
| lemon balm | toronjil |
| lemon grass tea | té de limón |

M

| <u>English</u> | <u>Spanish</u> |
|----------------|----------------|
| | |

| | |
|----------|-------------------|
| marigold | flor de muerto |
| marjoram | mejorana |
| mint | hierbabuena |
| mustard | mostaza |

N

| <u>English</u> | <u>Spanish</u> |
|----------------|-----------------|
| nutmeg | nuez moscada |

O

| <u>English</u> | <u>Spanish</u> |
|-----------------------|-----------------------|
| oak | encino |
| orange leaves | hojas de naranja |
| oregano | orégano |

P

| <u>English</u> | <u>Spanish</u> |
|-----------------------|---------------------------------|
| paprika | pimentón |
| parsley | perejil |
| papper (black, white) | pimienta negra, pimienta blanca |
| peppermint | menta |

| | |
|-------------|---------------------|
| poke root | pie de paloma |
| poppy seeds | semillas de amapola |
| purslane | verdolaga |

Q

| | |
|-----------------------|-----------------------|
| <u>English</u> | <u>Spanish</u> |
| quinine | quinina |

R

| | |
|-----------------------|-----------------------|
| <u>English</u> | <u>Spanish</u> |
| | |

| | |
|------------------|--------|
| red clover | trébol |
| red root pigweed | bledo |
| rosemary | romero |
| rue | ruda |

S

| <u>English</u> | <u>Spanish</u> |
|--------------------|----------------|
| saffron | azafrán |
| sage | salvia |
| (holy) sage (mint) | salvia (santa) |
| salt | sal |
| sarsaparilla | zarzaparrilla |
| savory | ajedrea |

| | |
|------------------|--------------------------|
| senna | oja sen |
| sesame seeds | ajonjolí |
| Shepherd's purse | bolsa de pastor |
| spearmint | hierbabuena (te colonia) |
| spice | especia |
| stinging nettle | chichicaste |
| sunflower (seed) | (semilla de) girasol |

T

| <u>English</u> | <u>Spanish</u> |
|----------------|----------------|
| tarragon | estragón |
| tea | té |

| | |
|----------|---------|
| thyme | tomillo |
| turmeric | cúrcuma |

V

| <u>English</u> | <u>Spanish</u> |
|-----------------------|-----------------------|
| valerian | valeriana |
| vanilla | vainilla |

W

| <u>English</u> | <u>Spanish</u> |
|-----------------------|-----------------------|
| | |

| | |
|-----------------------------|-------------------------|
| walnut leaves watercress | hojas de nogal berro |
| wormwood | ajenjo |
| wood nettles | chichicaste |

Y

| | |
|-----------------------|-----------------------|
| <u>English</u> | <u>Spanish</u> |
| yarrow | milenrama |

[Contents](#) - [◀ Previous](#) - [Next ▶](#)

[Home](#) "" "" "" "" "" "" "" "" > [ar.cn.de.en.es.fr.id.it.ph.po.ru.sw](#)

[Contents](#) - [◀ Previous](#) - [Next ▶](#)

Some useful verbs

A

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|-----------------------|------------------|-------------------------|
| to... | | |
| abandon | abandonar | |
| abort | abortar | |
| absorb | absorber | |
| abstain | abstener (se) | |
| accept | aceptar | |
| accustom (oneself to) | acostumbrar (se) | |
| acquire | adquirir | |
| add | añadir, agregar | |

| | | |
|-------------|---------------------|--|
| adjust | ajustar | |
| advise | aconsejar | |
| affirm | afirmar | |
| afflict | afligir | |
| age | envejecer | |
| allow | dejar, permitir | |
| alter | alterar | |
| amputate | amputar | |
| analyze | analizar | |
| anesthetize | anestésiar | |
| appear | aparecer | |
| apply | aplicar | |
| appreciate | apreciar, agradecer | |
| approach | acercar (se) | |

| | | |
|--------------------|-------------|--|
| argue | discutir | |
| arrest | arrestar | |
| arrive | llegar | |
| ask (a question) | preguntar | |
| ask (request) | pedir | |
| asleep (to fall) | dormir (se) | |
| attack | atacar | |
| attend (a birth) | atender | |
| attend (a meeting) | asistir a | |
| attend to | atender | |
| attract | atraer | |
| authorize | autorizar | |
| avoid (prevent) | evitar | |
| | | |

awaken

despertar (se)

B

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|-----------------|---------------------------------------|-------------------------|
| to... | | |
| bake | hornear, asar | |
| balance | balancear | |
| bandage | vendar | |
| baste (cooking) | mechar, enlardar | |
| baste (sewing) | hilvanar | |
| bathe | bañar (se) | |
| be | estar (location, temporary condition) | |
| be able | ser (permanent condition, | |

| | | |
|--------------|----------------------------------------|--|
| | characteristic) | |
| be afraid | poder | |
| be awake | (tener) miedo, temer | |
| be bored | (estar) despierto/a | |
| be born | (estar) aburtido/a | |
| be careful | nacer | |
| be happy | (tener) cuidado | |
| be healthy | (estar) contento/a | |
| be hungry | (estar) sano/a | |
| be important | (tener) hambre | |
| be in bed | importar | |
| be late | (estar) acostado/a | |
| be left over | llegar tarde o con retraso, retrasarse | |
| be (cont') | sobrar | |
| | | |

| | | |
|-------------------|-------------------------------------|--|
| be sad be sick | (estar) triste (estar) enfermo/a | |
| be thirsty | (tener) sed | |
| be tired | (estar) cansado/a | |
| be unconscious | (estar) inconsciente | |
| be worth | valer | |
| beat | batir | |
| begin | empezar, comenzar | |
| behave | comportar (se) | |
| belch | eructar | |
| believe | creer | |
| belong | pertenecer | |
| bend (oneself) | doblar (agacharse) | |
| bite | morder (animal), picar (insect) | |

| | | |
|------------|------------------------------------------|--|
| bleed | sangrar | |
| blend | mezclar | |
| blow | soplar | |
| boil | hervir | |
| bread | empanar | |
| break | romper, quebrar | |
| breastfeed | dar el pecho, dar da mamar, amamantar | |
| breathe | respirar | |
| bring | traer | |
| broil | asar | |
| brown | dorar | |
| brush | cepillar | |
| build | construir | |

| | | |
|-------|--------------------|--|
| burn | quemar (se) | |
| burp | eructar | |
| burst | reventar (se) | |
| bury | enterrar, sepultar | |
| buy | comprar | |

C

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|----------------|-------------------------|
| to... | | |
| calcify | calcificar | |
| call | llamar | |
| calm | calmar (se) | |
| | | |

| | | |
|-----------------|---------------------|--|
| cancel carry | cancelar llevar | |
| cause | causar | |
| cauterize | cauterizar | |
| celebrate | celebrar | |
| change | cambiar | |
| charge | cobrar | |
| chew | masticar | |
| chill | enfriar | |
| choke | sofocar, ahogar | |
| choose | escoger | |
| chop | picar | |
| circulate | circular | |
| clarify | aclarar, clarificar | |
| | | |

| | | |
|----------------|----------------|--|
| clean | limpiar | |
| climb | subir | |
| close | cerrar | |
| clot | coagular | |
| coagulate | coagular | |
| collide | chocar | |
| comb (hair) | peinar (se) | |
| combine | combinar | |
| come | venir | |
| commit | cometer | |
| commit suicide | suicidar (se) | |
| communicate | comunicar (se) | |
| compare | comparar | |
| complain | quejar (se) | |
| complement | complementar | |

| | | |
|--------------|-----------------------|--|
| complicate | complicar | |
| concentrate | concentrar | |
| confirm | confirmar | |
| confuse | confundir | |
| congratulate | felicitar | |
| consider | considerar | |
| consist | consistir | |
| construct | construir | |
| consult | consultar | |
| consume | consumir | |
| contain | contener | |
| contaminate | contaminar, contagiar | |
| contract | contraer | |
| | | |

| | | |
|------------|------------------|--|
| contribute | contribuir | |
| control | controlar | |
| converse | conversar | |
| convince | convencer | |
| cook | cocinar | |
| cool | enfriar | |
| cooperate | cooperar | |
| cork | tapar con corcho | |
| correct | corregir | |
| cost | costar | |
| cough | toser | |
| count | contar | |
| cover | cubrir, tapar | |
| crush | aplastar | |

| | | |
|--------|-------------|--|
| cry | llorar | |
| curdle | cuajar | |
| cure | curar | |
| cut | cortar (se) | |

D

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|---------------------|----------------|-------------------------|
| to... | | |
| damage | dañar | |
| deaden/put to sleep | adormecer | |
| debilitate | debilitar | |
| deceive | engañar | |
| | | |

| | | |
|-------------|-------------|--|
| decide | decidir | |
| dehydrate | deshidrar | |
| deliver | entregar | |
| demand | exigir | |
| demonstrate | demostrar | |
| depend | depender | |
| deposit | depositar | |
| deprive | privar | |
| describe | describir | |
| deserve | merecer | |
| destroy | destruir | |
| detain | detener | |
| determine | determinar | |
| develop | desarrollar | |
| | | |

| | | |
|-----------|---------------------|--|
| deworm | desparasitar | |
| diagnose | diagnosticar | |
| dice | cortar en cuadritos | |
| die | morirse, fallecer | |
| diet | estar a dieta | |
| digest | digerir | |
| dilate | dilatar | |
| diminish | disminuir | |
| direct | dirigir | |
| disappear | desaparecer | |
| discover | descubrir | |
| discuss | discutir | |
| disinfect | desinfectar | |
| dissolve | disolver | |
| | | |

| | | |
|-------------|----------------------------|--|
| distinguish | distinguir | |
| distribute | distribuir | |
| divide | dividir, partir | |
| do | hacer | |
| doubt | dudar | |
| drain | drenar, escurrir, desaguar | |
| draw | dibujar | |
| dredge | espolvorear | |
| dress | vestir (se) | |
| drink | tomar, beber | |
| drown | ahogar (se) | |
| dry | secar | |
| dust | desempolvar, sacudir | |

E

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|-------------------|----------------|-------------------------|
| to... | | |
| eat | comer | |
| eat breakfast | desayunar | |
| eat lunch | almorzar | |
| eat dinner/supper | cenar | |
| elect | elegir | |
| elevate | elegir | |
| eliminate | eliminar | |
| empty | vaciar | |
| enlarge | ampliar | |

| | | |
|----------|-----------------|--|
| enter | entrar | |
| escape | escapar | |
| evacuate | evacuar | |
| evaluate | evaluar | |
| examine | examinar | |
| exercise | hacer ejercicio | |
| exist | existir | |
| expect | esperar | |
| explain | explicar | |
| explode | reventar(se) | |
| explore | explorar | |
| extract | extraer | |

| | | |
|-----------------------------|-------------------------|--|
| fall asleep | dormir (se) | |
| fast | ayunar/estar en ayunas | |
| fear | tener miedo, temer | |
| feed | alimentar, dar de comer | |
| feel | sentir (se) | |
| feel (touch) | tocar | |
| feel like (doing something) | tener ganas (de) | |
| fight | luchar, pelear | |
| file | archivar | |
| fill | llenar | |
| find | encontrar, hallar | |
| find out | averiguar | |
| finish | terminar, acabar | |

| | | |
|----------|--------------------|--|
| fix | arreglar, componer | |
| flatten | aplastar | |
| flow | fluir | |
| fold | doblar | |
| follow | seguir | |
| forget | olvidar (se) | |
| form | formar | |
| fracture | fracturar | |
| fry | freír | |
| function | funcionar | |

G

| | | |
|----------------|----------------|-------------------------|
| English | Spanish | Slang/"Modismos" |
|----------------|----------------|-------------------------|

| <u>English</u> | <u>Spanish</u> | <u>English - Medicine</u> |
|----------------|--------------------|---------------------------|
| to... | | |
| gain | ganar | |
| gain weight | aumentar de peso | |
| gargle | hacer gárgaras | |
| get | conseguir, obtener | |
| get better | mejorar (se) | |
| get fat | engordar (se) | |
| get sick | enfermar (se) | |
| get up | levantar (se) | |
| get wet | mojar (se) | |
| give | dar | |
| give birth | dar a luz | componerse |
| glue | pegar | |
| | | |

| | | |
|-------------|-----------------------------------------|--|
| go down | ir (se) bajar (se) | |
| go shopping | ir de compras, hacer mandados (errands) | |
| go to bed | acostar (se) | |
| grasp | agarrar | |
| grate | rallar | |
| grease | engrasar | |
| greet | saludar | |
| grieve | afligir | |

H

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|----------------|-------------------------|
| | | |

| | | |
|-----------------|-------------------|--|
| to... | | |
| hang | colgar | |
| happen | suceder, pasar | |
| harm | dañar, hacer daño | |
| have | tener | |
| healthy (to be) | estar sano/a | |
| hear | oír | |
| heat | calentar | |
| help | ayudar | |
| hit | pegar | |
| hope | esperar | |
| hospitalize | hospitalizar | |
| hot (to feel) | tener calor | |
| hungry (to be) | tener hambre | |

| | | |
|----------------|-------------------|--|
| hurt (inflict) | dañar, hacer daño | |
| hurt (feel) | doler | |

I

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|-----------------------|-------------------------|
| to... | | |
| imagine | imaginar (se) | |
| immobilize | inmovilizar | |
| immunize | inmunizar | |
| impose | imponer | |
| improve | mejorar | |
| include | incluir | |
| increase | aumentar, incrementar | |

| | | |
|-------------|----------------------------------|--|
| indicate | indicar | |
| infect | infectar, contagiar | |
| inform | informar | |
| inhale | inhalar | |
| inject | inyectar | |
| injure | herir, dañar, lesionar lastimar | |
| innoculate | inocular | |
| inspect | inspeccionar | |
| interest | interesar | |
| interpret | interpretar | |
| intoxicate | intoxicar | |
| introduce | introducir, presentar (a person) | |
| investigate | investigar | |
| | | |

| | | |
|---------|----------|--|
| invite | invitar | |
| iron | planchar | |
| isolate | aislar | |
| itch | picar | |

J

| English | Spanish | Slang/"Modismos" |
|----------------|----------------|-------------------------|
| to... | | |
| jot down | apuntar | |

K

| English | Spanish | Slang/"Modismos" |
|----------------|----------------|-------------------------|
|----------------|----------------|-------------------------|

| | | |
|-------|---------------------------|--|
| to... | | |
| keep | guardar | |
| kick | patear | |
| kill | matar | |
| knead | amasar | |
| kneel | arrodillar (se) | |
| know | saber, conocer (a person) | |

L

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|----------------|-------------------------|
| to... | | |
| lack | faltar | |

| | | |
|-----------------|---------------------------------------|--|
| laugh | reír (se) | |
| learn | aprender | |
| leave (a place) | salir | |
| leave behind | dejar | |
| let (allow) | dejar, permitir | |
| let go | soltar | |
| lie down | acostar (se), tender (se), echar (se) | |
| lift | levantar | |
| light | encender | |
| limit | limitar | |
| listen | escuchar | |
| live | vivir | |
| load | cargar | |
| look/look at | mirar | |

| | | |
|-------------|--------------------------------|--|
| look for | buscar | |
| loosen | aflojar | |
| lose | perder | |
| lose weight | enflaquecer, perder/bajar peso | |
| lower | bajar | |
| lubricate | lubricar | |

M

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|----------------|-------------------------|
| to... | | |
| maintain | mantener | |
| make | hacer | |
| | | |

| | | |
|----------------|---------------------------------|--|
| make a mistake | equivocar (se) | |
| marinate | marinar, escabechar | |
| marry | casar (se) | |
| mash | machacar, majar | |
| masticate | masticar | |
| measure | medir, tomar medida | |
| medicate | medicinar | |
| meet | encontrar (se) | |
| melt | derretir (se) | |
| mend | remendar | |
| mince | desmenuzar, cortar en pedacitos | |
| miscarry | abortar | |
| mix | mezclar | |
| mold | moldear | |

| | | |
|------|---------|--|
| mop | trapear | |
| move | mover | |

N

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|----------------|-------------------------|
| to... | | |
| name | nombrar | |
| need | necesitar | |
| negate | negar | |
| neglect | descuidar | |
| note | notar | |
| note down | apuntar | |
| | | |

| | | |
|---------------------|---------------------------------------|--|
| notice | notar, fijar | |
| notify | avisar, notificar | |
| nurse (breast feed) | dar de mamar, dar el pecho, amamantar | |

O

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|----------------|-------------------------|
| to... | | |
| obey | obedecer | |
| observe | observar | |
| obstruct | obstruir | |
| obtain | obtener | |
| occur | ocurrir | |

| | | |
|----------|-------------------|--|
| offend | ofender | |
| offer | ofrecer | |
| oil | engrasar, aceitar | |
| omit | omitir | |
| open | abrir | |
| operate | operar | |
| organize | organizar | |
| overcome | vencer | |
| owe | deber | |

P

| English | Spanish | Slang/"Modismos" |
|---------|---------|------------------|
| | | |

| | | |
|-----------------|---------------------|--|
| to... | | |
| pack | empacar, empaquetar | |
| paralyze | paralizar | |
| parboil | sancochar | |
| participate | participar | |
| pass | pasar | |
| pay | pagar | |
| peel | pelar | |
| penetrate | penetrar | |
| persist | persistir | |
| perspire | sudar | |
| pick up, (lift) | recoger, (levantar) | |
| pinch | pinchar, pellizcar | |
| place | colocar, poner | |

| | | |
|-----------|--------------------|--|
| plant | sembrar | |
| play | jugar | |
| please | complacer, agradar | |
| poach | escalfar | |
| poison | envenenar | |
| pollute | contaminar | |
| pour | echar, verter | |
| practice | practicar | |
| pray | rasar | |
| prefer | preferir | |
| preoccupy | preocupar (se) | |
| prepare | preparar | |
| prescribe | recatar | |
| present | presentar | |

| | | |
|----------|-------------------|--|
| press | presnar, apretar | |
| prevent | prevenir | |
| prick | pinchar | |
| probe | sondear, explorar | |
| proceed | proceder | |
| produce | producir | |
| progress | progresar | |
| prohibit | prohibir | |
| prolong | prolongar | |
| promise | prometer | |
| propose | proponer | |
| protect | proteger | |
| prove | comprobar | |
| pull | jalar, tirar de | |

| | | |
|------------------|------------|--|
| pull (tooth) | sacar | |
| pull out | sacar | |
| purify | purificar | |
| push | empujar | |
| put | poner | |
| put in | meter | |
| put on (clothes) | poner (se) | |

[Continue](#)

[Contents](#) - [◀ Previous](#) - [Next ▶](#)

[Home](#) > [ar](#).[cn](#).[de](#).[en](#).[es](#).[fr](#).[id](#).[it](#).[ph](#).[po](#).[ru](#).[sw](#)

[Contents](#) - [◀ Previous](#) - [Next ▶](#)

Q

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|-----------------|----------------|-------------------------|
| to... | | |
| quiet (oneself) | calmar (se) | |

R

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|-----------------|----------------|-------------------------|
| to... | | |
| rain | llover | |
| raise | levantar (se) | |
| raise (a child) | criar | |

| | | |
|-------------|-----------------------------------------|--|
| raise funds | recaudar fondos | |
| rape | violar | |
| reach | alcanzar | |
| react | reaccionar | |
| read | leer | |
| receive | recibir | |
| recognize | reconocer | |
| recommend | recomendar | |
| recover | recuperar (se) | |
| recuperate | recuperar (se) | |
| reduce | reducir, bajar (weight, swelling, etc.) | |
| refer | referir | |
| refuse | rehusar, rechazar, denegar | |

| | | |
|--------------|-----------------------------|--|
| register | registrar | |
| rehabilitate | rehabilitar | |
| rehydrate | rehidratar | |
| reinforce | reforzar | |
| relapse | recaer, reincidir | |
| relax | relajar (se) | |
| relieve | aliviar (se) | |
| remain | quedar (se), permanecer | |
| remedy | remediar | |
| remember | acordar (se), recortar (se) | |
| remind | hacer recordar | |
| remove | quitar, sacar, remover | |
| repair | reparar, componer | |
| repeat | repetir | |

| | | |
|--------------------|-------------|--|
| represent | representar | |
| require | requerir | |
| rescue | rescatar | |
| research | investigar | |
| resemble | parecer | |
| resent | resentir | |
| reserve | reservar | |
| resist | resistir | |
| resolve | resolver | |
| respect | respetar | |
| rest | descansar | |
| resuscitate | resucitar | |
| retain | retener | |
| return (something) | devolver | |
| | | |

| | | |
|---------------------|----------------------------|--|
| return (to a place) | regresar, volver | |
| review | repasar, revisar | |
| revise | revisar | |
| revive | revivir | |
| rinse | enjuagar | |
| roast | asar | |
| rub | frotar | |
| rupture | reventar (se), romper (se) | |

S

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|-----------------------|-------------------------|
| to... | | |
| satisfy | satisfacer, complacer | |

| | | |
|---------------|-------------------------------------|--|
| saute | dorar, sofreír | |
| save | salvar, guardar, ahorrar (money) | |
| say | decir | |
| scab (form a) | encostrar (se) | |
| scald | escaldar | |
| scare | asustar | |
| scatter | regar, esparcir | |
| scrape | raspar | |
| scratch | rascar | |
| scream | gritar | |
| scrub | restregar | |
| season | sazonar | |
| see | ver | |

| | | |
|----------|---------------------|--|
| | | |
| seem | parecer | |
| select | seleccionar, elegir | |
| sell | vender | |
| send | enviar, mandar | |
| separate | separar | |
| serve | servir | |
| sew | coser | |
| shake | sacudir, agitar | |
| shave | afeitar (se) | |
| shine | brillar | |
| shout | gritar | |
| straw | enseñar, mostrar | |
| shred | desmenuzar | |
| | | |

| | | |
|-----------------|----------------------------|--|
| shut shut up | cerrar callar (se) | |
| sift | cernir, colar | |
| sigh | suspirar | |
| sign | firmar | |
| simmer | hervir a fuego lento | |
| sink | hundir (se) | |
| sit down | sentar (se) | |
| sleep | dormir | |
| slice | rebanar, cortar en taladas | |
| smell | oler | |
| smile | sonreir | |
| smoke | fumar | |
| snack | merendar | |
| sneeze | estornudar | |

| | | |
|---------------|-----------------------------|--|
| soak | remojar | |
| soil | ensuciar | |
| sort | separar | |
| speak | hablar | |
| spend (money) | gestar | |
| spend (time) | pasar | |
| spit | escupir | |
| split | partir, dividir | |
| spoil (food) | podrir (se) | |
| sprinkle | regar, rociar | |
| squash | aplastar | |
| squeeze | apretar, estrujar, exprimir | |
| stand up | parar (se) | |

| | | |
|------------------------|---------------------------------|--|
| start | comenzar, empezar | |
| starve | morir (se) de hambre | |
| steam | cocinar al vapor | |
| step | bajar (se) | |
| down | esterilizar | |
| sterilize | pegar | |
| stick | picar | |
| sting (insect) | revolver, mezclar | |
| stir | parar | |
| stop (doing something) | dejar de ... | |
| store | guardar, almacenar | |
| strain | estirar, forzar, colar (liquid) | |
| stretch | estirar, extender | |
| | | |

| | | |
|---------------------|---------------|--|
| struggle | luchar | |
| study | estudiar | |
| substitute | sustituir | |
| suck | chupar | |
| suffer | sufrir | |
| suffice | bastar | |
| suffocate | sofocar | |
| suicide (to commit) | suicidar (se) | |
| suppose | suponer | |
| suppurate | supurar | |
| survey | encuestar | |
| survive | sobrevivir | |
| suspend | suspender | |
| | | |

| | | |
|-------------------|-------------------|--|
| suture swallow | suturar tragar | |
| sweat | sudar | |
| sweep | barrar | |
| swell | hinchar | |

T

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|--------------------|-----------------------|-------------------------|
| to... | | |
| take | tomar, llevar | |
| take a walk | pasear | |
| take care of | cuidar (se) | |
| take off (clothes) | quitar (se) (la ropa) | |

| | | |
|-----------------|-----------------------------------------|--|
| talk | hablar | |
| taste (eat) | probar, saborear | |
| teach | enseñar | |
| tell | contar, decir | |
| test | probar, hacer la prueba de, examinar | |
| thicken | espesar | |
| think | pensar | |
| thirsty (to be) | tener sed | |
| throb | latir | |
| throw | tirar | |
| throw away | tirar, botar | |
| throw up | vomitara, arrojar | |
| | | |

| | | |
|---------------------|--------------------|--|
| tie tighten | amarrar apretar | |
| touch (feel) | tocar | |
| translate | traducir | |
| transmit | transmitir | |
| travel | viajar | |
| treat | tratar | |
| tremble | temblar | |
| trust (a person) | confiar en | |
| try (on, out) | probar | |
| turn | cruzar, doblar | |
| turn (over, around) | voltear | |
| turn off (light) | apagar | |
| turn on (light) | encender | |

twist

retorcer, torcer

U

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|---------------------|----------------------|-------------------------|
| to... | | |
| ulcerate | ulcerar | |
| unconscious (to be) | estar inconsciente | |
| understand | entender, comprender | |
| undertake | emprender | |
| undress | desvestir (se) | |
| unfasten | soltar | |
| urinate | orinar | |

| | | |
|---------|----------|--|
| use | usar | |
| utilize | utilizar | |

V

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|-----------------------|------------------------------------|-------------------------|
| to... | | |
| vaccinate | vacunar | |
| ventilate | ventilar | |
| verify | comprobar | |
| visit | visitar | |
| vital signs (to take) | tomar los signos/las señas vitales | |
| vomit | vomitarse, tener vómitos | |

W

| <u>English</u> | <u>Spanish</u> | <u>Slang/"Modismos"</u> |
|----------------|-----------------------------|-------------------------|
| to... | | |
| wait | esperar | |
| walk | caminar, andar | |
| want | querer, desear | |
| warm up | calentar | |
| wash | lavar (se) | |
| wean | destetar | |
| wear | usar, llevar o traer puesto | |
| weigh | pesar | |
| wet | mojar (se) | |

| | | |
|-----------|---------------------------------|--|
| whip | batir | |
| wish | desear, querer | |
| withhold | retener | |
| withstand | aguantar | |
| work | trabajar, funcionar (a machine) | |
| worry | preocupar (se) | |
| worsen | empeorar (se) | |
| wound | herir | |
| wrap | envolver | |
| wrap up | envolver | |
| write | escribir | |

[Contents](#) - [◀ Previous](#) - [Next ▶](#)

[Home](#) > [ar](#).[cn](#).[de](#).[en](#).[es](#).[fr](#).[id](#).[it](#).[ph](#).[po](#).[ru](#).[sw](#)

[Contents](#) - [Previous](#)

Measurements commonly used in Guatemala

Una Manzana = 10.000 sq. "varas" = 1.73 acres = 0.7 hectares.

Una Hectárea = 10,000 sq. meters = 1.43 manzanas = 2.47 acres.
(Seldom used by campesinos, but common with professionals.)

Una Caballería = 64.6 manzanas.

*Una Cuerda de 25 varas = 25 x 25 varas = 625 sq. varas = 1/16th. of a manzana.
(Commonly used on the South Coast.)

Una Cuerda de 30 varas = 900 sq. varas = 0.09 manzanas.

Una Cuerda de 40 varas = 1,600 sq. varas = 1/16th. of a manzana.

*(Cuerdas of 16 varas and 32 varas are also used but are much less common.)

LENGTH

Una Vara = 32.9 ins. = 83.6 cm. (Very common.)

Una Cuarta = 1/4 vara = approx. 8 ins. = 20.3 cm.

(Measured as the distance between the thumb and the little finger when spread apart.)

Un Jeme = about 6 - 6 1/2 ins. = about 15-16 cm.

(Distance between the index finger and thumb when spread apart.)

Un Metro = 39.387 ins. = 100 cm. (Much less common than the vara.)

Una Yarda = 36 ins. = 91.44 cm. (Seldom used by campesinos.)

Una Pulgada = one inch = 2.54 cm. (Common.)

Un Kilómetro = 1,000 meters = 0.625 miles (5/8 mile.)

Una Legua = 5,000 varas = 4,000 meters = 4 kilometers = 2.48 miles.

Una Brazada = 2 varas (Distance between 2 arms spread out.)

WEIGHT

Una Libra = 16 ounces = 0.45 kilograms = 454 grams.

Una Onza = one ounce = 28.4 graos.

Un Kilogramo = 1,000 grams = 2.2 lbs. = 35.21 ounces. (Uncormon.)

Ura Arroba = 25 lbs.

Un Quintal = 100 lbs.

Una Carga = 200 lbs. = 2 quintales.

Una Tonelada = 2,000 lbs. = 20 quintales.

Una Tonelada Métrica = 1,000 kg. = 2,204 lbs. (Uncommon.)

Un Almud = 50 lbs.

VOLUME

Una Botella = 1/5 of a gallon = 0.757 liters = 757 cc. = 3/4 liter.

Un Litro = 1,000 cc. = 1.057 quarts.

Un Galón = 128 onzas = one gallon = 3.785 liters = 5 botellas.

Un Octavo = 1/8 liter.

Una Medida Bayer = 25 cc.

Una Onza = 29.6 cc. líquida.

FIREWOOD

Una Tarea de leña = 4 x 1 x 1 varas = approx. 400 leños.

Una Carga de leña = 80 leños.

MONEY, ETC. **("Modismos")**

Pisto = money

Ficha = coin

Choca = 25 coin

Len = 1 (cinco len = 5)

Sencillo = loose change

Fiado = on credit

Multa = a fine

Mordida = a bribe

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[Contents](#) - [◀ Previous](#)

