

**TEMA 1**

• **ESTILOS DE VIDA**

**HABITOS**

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

**EXPRESIONES DE TIEMPO**

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

### EXPRESIONES DE FRECUENCIA

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

### ADVERBIOS DE MODO

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

### VERBOS

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

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

### HÁBITOS ALIMENTICIOS

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

### HÁBITOS DE SALUD

EXPRESIONES	TRADUCCIÓN	EJEMPLO
How much do you sleep? I sleep 8 hours.	¿Cuánto tiempo duermes? Yo duermo ocho horas.	<b>How much do you sleep?</b> I sleep 8 hours.
How much water do you drink?	¿Cuánta agua tomas?	<b>How much water do you drink?</b>
I drink (a glass of/ a litre of) water a day.	Yo bebo (un vaso de/ un	<b>I drink a litre a day.</b>

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

### CARNES

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

### FRUTAS Y VERDURAS

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

### POSTRES

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

## BEBIDAS

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

## VOCABULARIO RELACIONADO

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

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

### RECIPIENTES Y PORCIONES

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

### PALABRAS EN RESTAURANTE

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

### LUGARES DE COMIDA

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

Twice (a month, a week, a year)	Dos veces (al mes/ a la semana/ al año)	I go to the cinema <b>twice a month</b> .
Three/four times a week a year a month	Tres / cuatro veces A la semana Al año Al mes	I swim <b>three times a week</b> .

### CONECTORES DE SECUENCIA Y CONTRASTE

PALABRA	TRADUCCIÓN	EJEMPLO
Then... and	Después... y...	<b>Then</b> take your medicine on time <b>and</b> eat healthy.
But	Pero	I speak Italian <b>but</b> I don't speak French.
Or	O	I usually swim at 6pm <b>or</b> 8pm.
Before that	Antes de eso	I have breakfast at 6:00 am, <b>before that</b> , I take a shower.
After that	Después de eso	I have dinner at 9pm, <b>after that</b> , I do my homework.