

AQA Spanish GCSE – Vocabulary

People and lifestyle

Healthy living and lifestyle



Contents

Food and drink	2
Sports and exercise	4
Illnesses	6
Body parts	7
Stress and other problems	8



Food and drink

adj	dulce	sweet
adj	equilibrado	balanced
adj	rico	rich, wealthy, tasty
adj	sano	healthy, wholesome
adj	vegano	vegan
adj	vegetariano	vegetarian
mwp	patatas fritas	chips, fries
n (f)	agua	water
n (f)	bebida	drink
n (f)	botella	bottle
n (f)	carne	meat
n (f)	cena	dinner, evening meal
n (f)	comida	food, meal, lunch
n (f)	copa	cup, glass
n (f)	dieta	diet
n (f)	ensalada	salad
n (f)	fruta	fruit
n (f)	grasa	fat, grease
n (f)	hambre	hunger
n (f)	hamburguesa	burger
n (f)	leche	milk
n (f)	manzana	apple
n (f)	naranja	orange (fruit)
n (f)	paella	paella (dish usually of rice and seafood)
n (f)	sal	salt
n (f)	salud	health
n (f)	sed	thirst
n (f)	uva	grape
n (f)	verdura	vegetable
n (fpl)	tapas	small dishes of food, bar snacks
n (m)	artículo	article, product, item
n (m)	azúcar	sugar
n (m)	bocadillo	sandwich
n (m)	café	coffee, cafe

n (m)	caramelo	sweet
n (m)	desayuno	breakfast
n (m)	huevo	egg
n (m)	jamón	ham
n (m)	pan	bread
n (m)	pescado	fish
n (m)	pollo	chicken
n (m)	producto	product
n (m)	régimen	diet
n (m)	tomate	tomato
n (m)	vaso	(drinking) glass
n (m)	vino	wine
v	beber	(to) drink drinking
v	cenar	(to) have dinner, tea (evening meal) having dinner, tea (evening meal)
v	comer	(to) eat eating
v	probar	(to) taste, try tasting, trying

Higher only

n (m)	aceite	oil
n (m)	alcohol	alcohol
n (m)	alimento	food, nourishment
n (m)	arroz	rice
n (m)	consumo	consumption
v	cocinar	(to) cook cooking



Exercise and general wellbeing

adj	activo	active
adj	deportivo	sporty, sports
adj	físico	physical
adj	fuerte	strong
adj	optimista	optimistic
adj	responsable	responsible
mwp	dar un paseo	(to) go for a walk, stroll going for a walk, stroll
mwp	estar en forma	to be fit
n (f)	bicicleta, bici	bicycle, bike
n (f)	carrera	career, (university) degree course, race
n (f)	costumbre	custom, habit, tradition
n (f)	energía	energy, power
n (f)	juventud	youth
n (f)	salud	health
n (f)	vida	life
n (m)	amigo	friend
n (m)	amor	love
n (m)	aire	air
n (m)	baile	dance
n (m)	baloncesto	basketball
n (m)	caballo	horse
n (m)	campo	countryside, pitch, field
n (m)	consejo	(piece of) advice
n (m)	cuidado	care, carefulness
n (m)	deporte	sport
n (m)	ejercicio	exercise
n (m)	equipo	team, equipment
n (m)	fútbol	football
n (m)	gimnasio	gym
n (m)	hermano	brother
n (m)	juego	game
n (m)	miembro	member
n (m)	partido	(sports) match, (political) party
n (m)	perro	dog
n (m)	peso	weight, peso (currency)
n (m)	pie; a pie	foot; on foot
n (m)	sol	sun

n (m)	sueño	dream, sleep
n (m/f)	joven	teenager, young person
v	apoyar	(to) support supporting
v	bailar	(to) dance dancing
v	cambiar; cambiarse	(to) change changing; (to) get changed getting changed
v	correr	(to) run running
v	cuidar	(to) take care of taking care of
v	descansar	(to) rest, relax resting, relaxing
v	dormir; dormirse	(to) sleep sleeping; (to) fall asleep falling asleep
v	entrenar; entrenarse	(to) train training; (to) train, go training training, going training
v	jugar	(to) play (sport/game) playing (sport/game)
v	levantar; levantarse	(to) raise raising; (to) get up getting up
v	montar	(to) ride, set up riding, setting up
v	nadar	(to) swim swimming
v	participar	(to) participate participating
v	respirar	(to) breathe breathing

Higher only

adj	mental	mental
adj	puro	pure, clean
adj	relajante	relaxing
adj	saludable	healthy
n (f)	mente	mind
n (f)	natación	swimming
n (f)	paz	peace
n (f)	selección	choice, selection, national sports team
n (f)	tasa	rate
n (m)	camino	way, route, path
n (m)	nivel	level
n (m)	silencio	silence
v	acostar; acostarse	(to) put to bed putting to bed; (to) go to bed going to bed
v	caminar	(to) walk walking
v	pasear	(to) take for a walk, go for a walk taking for a walk, going for a walk
v	promover	(to) promote promoting
v	superar	(to) get over, overcome getting over, overcoming



Illnesses & accidents

adj	cansado	tired, tiring
adj	débil	weak
adj	enfermo	ill, sick
adj	muerto	dead
adj	serio	serious
n (f)	enfermedad	illness, disease
n (f)	medicina	medicine
n (f)	salud	health
n (m)	accidente	accident
n (m)	consejo	(piece of) advice
n (m)	cuidado	care, carefulness
n (m)	riesgo	risk
n (m/f)	médico	doctor
n (m/f)	paciente	patient
v	apoyar	(to) support supporting
v	caer; caerse	(to) fall falling; (to) fall over falling over
v	doler	(to) hurt, be painful hurting, being painful
v	lavar; lavarse	(to) wash washing; (to) have a wash having a wash
v	morir	(to) die dying
v	respirar	(to) breathe breathing

Higher only

n (f)	herida	wound, injury
n (f)	muerte	death
n (f)	sangre	blood
n (m)	cáncer	cancer
n (m)	dolor	pain, ache
n (m)	nivel	level
v	asistir	(to) attend attending
v	matar	(to) kill killing
v	superar	(to) get over, overcome getting over, overcoming



Body parts

n (f)	cabeza	head (body part)
n (f)	mano	hand
n (f)	piel	skin
n (m)	corazón	heart
n (m)	cuerpo	body
n (m)	diente	tooth
n (m)	ojo	eye
n (m)	pelo	hair
n (m)	pie; a pie	foot; on foot

Higher only

n (f)	boca	mouth
n (f)	cara	face, expression
n (f)	pierna	leg
n (f)	sangre	blood
n (m)	brazo	arm
n (m)	cerebro	brain



Stress and other problems

adj	cansado	tired, tiring
adj	peligroso	dangerous
adj	serio	serious
n (f)	carrera	career, (university) degree course, race
n (f)	costumbre	custom, habit, tradition
n (f)	droga	drug
n (f)	juventud	youth
n (f)	opción	option, choice
n (f)	sociedad	society
n (f)	vida	life
n (m)	amigo	friend
n (m)	amor	love
n (m)	consejo	(piece of) advice
n (m)	estrés	stress
n (m)	hermano	brother
n (m)	peligro	danger
n (m)	peso	weight, peso (currency)
n (m)	riesgo	risk
v	cambiar; cambiarse	(to) change changing; (to) get changed getting changed
v	costar	(to) cost, be hard costing, being hard
v	dormir; dormirse	(to) sleep sleeping; (to) fall asleep falling asleep
v	fumar	(to) smoke smoking
v	participar	(to) participate participating

Higher only

n (f)	mente	mind
n (m)	alcohol	alcohol
n (m)	cigarrillo	cigarette
n (m)	gobierno	government
n (m)	informe	report
n (m)	sobrepeso	obesity, excess weight
v	matar	(to) kill killing
v	sufrir	(to) suffer suffering