



Lesson 1: ¿Qué te gusta comer?

Set phrases:

- ¿Qué te gusta comer? – *what do you like to eat?*
- **Me gusta comer... - I like to eat...**
- **Me gusta/n... - I like...**

Infinitive verbs:

- comer – *to eat*
- beber – *to drink*
- tomar – *to take (eat or drink)*
- desayunar – *to have breakfast*
- almorzar – *to have lunch*
- picotear – *to have a snack*
- merendar – *to have an afternoon snack*
- cenar – *to have dinner*
- cocinar – *to cook*
- preparar – *to prepare*

Food (*la comida*):

- la fruta – *fruit*
- la manzana – *apple*
- la naranja – *orange*
- el plátano – *banana*
- la piña – *pineapple*
- la fresa – *strawberry*
- la frambuesa – *raspberry*
- la pera – *pear*
- las uvas – *grapes*
- el maracuyá – *passion fruit*
- las verduras – *vegetables*
- las patatas – *potatoes*
- el brócoli – *broccoli*
- los guisantes – *peas*
- los frijoles – *beans*
- la cebolla – *onion*
- el tomate – *tomato*
- el ajo – *garlic*
- la zanahoria – *carrot*
- el huevo – *egg*
- la carne – *meat*
- el pescado – *fish*
- la leche – *milk*
- el pan – *bread*
- el arroz – *rice*

Extra food (less common)

- la miel – *honey*
- la sopa – *soup*
- la ensalada – *salad*
- el té – *tea*
- el café – *coffee*
- el zumo/jugo de naranja – *orange juice*
- el agua – *water*
- el vino – *wine*
- la cerveza – *beer*
- el yogur – *yoghurt*
- los cereales – *cereal*
- las tostadas – *toast*
- la mantequilla – *butter*
- la mermelada – *jam*
- las hamburguesas – *burgers*
- el queso – *cheese*
- el jamón – *ham*
- el bocadillo – *sandwich*
- las aceitunas – *olives*
- las gambas – *prawns*
- el marisco – *seafood*
- la harina – *flour*
- el azúcar – *sugar*
- la sal – *salt*

Quizlet Link:



Gustar:

- me gusta/n – *I like*
- te gusta/n – *you like*
- le gusta/n – *he/she/it likes*
- nos gusta/n – *we like*
- os gusta/n – *you pl like*
- les gusta/n – *they like*

Other similar verbs:

- me encanta/n – *I love*
- me mola/n – *I really like*
- me flipa/n – *I really like*
- no me gusta/n – *I don't like*

Lesson 2: ¿Por qué te gusta este plato?

Set phrases:

- ¿Por qué te gusta? – *Why do you like it?*
- **Me gusta porque es/está... – I like it because...**



Adjectives (generally with ser):

- sano – *healthy*
- saludable – *healthy*
- sabroso – *tasty*
- nutritivo – *nutritious*
- delicioso/rico – *delicious*
- salado – *savoury*
- dulce – *sweet*
- crujiente – *crunchy*
- picante – *spicy*
- grasiento – *fatty/greasy*
- frito – *fried*

Adjectives (generally with estar)

- fresco – *fresh*
- caliente – *hot*
- frío – *cold*
- podrido – *rotten*
- agrio – *sour*

Adjectives (both):

- bueno – *good*
- malo – *bad*
- asqueroso – *disgusting*
- rico – *tasty* * more commonly used with “estar”

Quizlet Link:



Lesson 3: ¿Qué sueles comer?

Set phrases:

- ¿Qué sueles comer? – *What did you tend to eat?*
- **Suelo comer... – I tend to eat...**
- **Tengo sed – I’m thirsty**
- **Tengo hambre – I’m hungry**



Time references (Present):

** note, you cannot use “suelo” with a time reference as it’s already included in the verb conjugation*

- normalmente – *normally*
- por lo general – *generally*
- siempre – *always*
- nunca – *never*
- casi nunca – *almost never*
- de vez en cuando – *from time to time*
- a menudo – *often*
- dos veces a la semana – *twice a week*

Infinitive verbs:

- comer – *to eat*
- beber – *to drink*
- tomar – *to take (eat or drink)*
- desayunar – *to have breakfast*
- almorzar – *to have lunch*
- picotear – *to have a snack*
- merendar – *to have an afternoon snack*
- cenar – *to have dinner*
- cocinar – *to cook*
- preparar – *to prepare*

Quizlet Link:



Lesson 4: ¿Qué comiste ayer?

Set phrases:

- ¿Qué comiste ayer? – *What did you eat yesterday*
- **Ayer comí...** – *Yesterday I ate...*

Time references (Preterite):

- ayer – *yesterday*
- anoche – *last night*
- ayer por la mañana – *yesterday morning*
- ayer por la tarde – *yesterday afternoon*
- la semana pasada – *last week*

Preterite “yo” forms of food verbs:

- comí – *I ate*
- bebí – *I drank*
- tomé – *I took (ate/drank)*
- desayuné – *I had ... for breakfast*
- almorcé – *I had ... for lunch*
- cené – *I had ... for dinner*
- picoteé – *I snacked*
- merendé – *I had an afternoon snack*
- fui al restaurante – *I went to the restaurante*
- cociné – *I cooked*
- ayudé en la cocina – *I helped in the kitchen*

Opinions in the preterite:

- me gustó – *I liked it*
- me encantó – *I loved it*
- fue... – *it was*
- estuvo... – *it was*



Quizlet Link:



Lesson 5: ¿Llevas una dieta sana?

Set phrases:

- ¿Llevas una dieta sana? – *Do you have a healthy diet?*
- **Llevo una dieta sana...** – *I have a healthy diet*
- **Llevo una dieta equilibrada** – *I have a balanced diet*
- **Llevo una dieta malsana** – *I have an unhealthy diet*
- **Debería + inf.** – *I should*
- **Deberíamos + inf.** – *we should*

Improvement verb infinitives:

- aprender a cocinar – *learn to cook*
- comer mejor – *eat better*
- comer más fruta – *eat more fruit*
- llevar una dieta equilibrada – *have a balanced diet*
- hacer deporte – *do sport*
- beber más agua – *drink more water*

Reactions:

- puaj – *bleurgh*
- ñam ñam – *yum yum*
- qué asco – *how disgusting*
- qué rico – *how tasty*

Quizlet Link:



Lesson 6: ¿Quieres venir al restaurante conmigo?

Set phrases:

- ¿Quieres venir al restaurante conmigo? – *Do you want to come to the restaurant with me?*
- Sí, quiero ir contigo – *Yes, I want to go with you*
- No, no quiero ir contigo – *No, I don't want to go with you*
- Me hace/n falta... – *I'm missing...*

Restaurant verb infinitives:

- traer – *to bring*
- pedir – *to ask*
- para llevar – *to take away*
- para aquí – *for here*
- pagar – *to pay*
- pagar con tarjeta – *to pay by card*
- pagar con efectivo – *to pay with cash*

Excuses infinitive verbs:

- tener que – *to have to*
- pasear al perro – *to walk the dog*
- arreglar mi dormitorio – *to tidy my bedroom*
- lavarme el pelo – *to wash my hair*
- estudiar – *to study*
- hacer mis deberes – *to do my homework*
- hacer de canguro – *to babysit*
- cuidar a mis hermanos – *to look after my siblings*
- ir al médico – *to go to the doctor*
- ir al dentista – *to go to the dentist*
- salir – *to go out*
- venir – *to come*

At the restaurant nouns:

- un tenedor – *a fork*
- la cuchara – *a spoon*
- la navaja – *a knife*
- los cubiertos – *cutlery*
- el camarero/la camarera – *waiter/waitress*
- el recibo – *the receipt*
- la cuenta – *the bill*
- el efectivo – *cash*
- la plata – *cash*
- las servilletas – *napkins*
- el vaso – *glass*
- una mesa – *table*
- una silla – *chair*

Quizlet Link:



Grammar: Stem-changing/boot verbs

In the Present Tense in Spanish, there are some verbs whose stem (the part of the verb before the “ar/er/ir” ending) changes.

We call these verbs “stem-changing” or “boot verbs”.

These verbs change in all conjugations **except** nosotros and vosotros (and vos).

The possible changes are:

- o → ue
- u → ue
- e → ie
- e → i

	Singular	Plural
poder - to be able to		
1st person	puedo	podemos
2nd person	puedes	podéis
3rd person	puede	pueden

	Singular	Plural
querer - to want		
1st person	quiero	queremos
2nd person	quieres	queréis
3rd person	quiere	quieren

	Singular	Plural
soler - to tend to		
1st person	suelo	solemos
2nd person	sueles	soléis
3rd person	suele	suelen

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2nd person	podés	
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*Bonus: Vos - Argentina and Uruguay (and some other territories)

2nd person	querés	
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*Bonus: Vos - Argentina and Uruguay (and some other territories)

2nd person	solés	
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	Singular	Plural
preferir - to prefer		
1st person	prefiero	preferimos
2nd person	prefieres	preferís
3rd person	prefiere	prefieren

	Singular	Plural
merendar - to have an afternoon snack		
1st person	meriendo	merendamos
2nd person	meriendas	merendáis
3rd person	merienda	meriendan

	Singular	Plural
almorzar - to have lunch		
1st person	almuerzo	almorzamos
2nd person	almuerzas	almorzáis
3rd person	almuerza	almuerzan

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2nd person	preferís	
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2nd person	merendás	
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2nd person	almorzás	
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