UNIT 3

<u>**Food**</u>

unhealthy habits
low-fat food
fatty food
processed food
meal
lunch
to have lunch
breakfast
to have breakfast
dinner / supper
to have dinner / to dine
free-range eggs
raw
fresh salad
seasonal
junk food
beef
lamb
pork
rare
medium
well-done   } steak
milkshake
freshly baked bread
home-made
topping
filling
spicy
bitter
sour
salty
edible
tasty
delicious
disgusting
to boil
to fry
to heat
to stir
to grill
to bake (bread, cake, …)
to roast (chicken, lamb, …)

recipe
cuisine
dish
starter
main dish
slice
to set the table

<u>**Health and diseases**</u>

heart attack
heart disease
stroke
lung cancer
well, healthy, in good health
to be fit / to be in shape
to keep fit
put on weight / gain weight
to get fatter
to be on a diet
cold
to have a temperature
to have a runny nose
to shiver
cough
to faint
ache, pain, hurt
painful
painless
I've got a pain in my leg, arm, ….
headache, stomachache
sore throat
disease, illness
ill, sick
weak
weakness
patient
to feel dizzy / sick
flu
wound, injury
to suffer from
pill, tablet
pain killer, pain reliever
medicine
syrup
prescription

to relieve
symptoms
to recover, to get over
to twist (an ankle, an arm…)

Parts of the body

ankle
stomach
belly
belly button
heel
nail
heart
knee
tongue
forehead
eyelid
eyebrow
finger
toe
elbow
bone
brain
chest
chin
hip
kidney
liver
lung
skin
thigh
thigh bone
throat
veins and arteries
blood vessel
wrist
neck
ear
calf
tooth

- *Tengo la garganta irritada.*
- *Me duele el codo.*
- *Me duele la cabeza.*
- *Me duele la espalda.*
- *¿Te duele si te aprieto?*
- *¿Dónde te duele?*
- *Tengo los músculos doloridos.*
- *Ella tiene dolor de muelas.*

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- I have a sore throat.
- My elbow hurts.
- I have a headache.
- I have (a) backache, back pain. My back hurts.
- Does it hurt you if I squeeze you?
- Where does it hurt?
- I have aching muscles.
- She has (a) tooth pain. I have tooth ache.