

Unit 7 vocabulary

Basic parts of the body

(la) cabeza...head
(la) cara...face
(el) ojo...eye
(la) nariz...nose
(la) boca...mouth
(la) mano...hand
(el) pie...foot
(el) pelo...hair
(la) frente...forehead
(la) ceja...eyebrow
(la) pestaña...eyelash
(las) narices...nostrils
(la) lengua...tongue
(los) labios...lips
(los) dientes...teeth
(la) mejilla...cheek
(la) quijada...jaw
(la) patilla...sideburn
(la) oreja...(outer) ear
(el) oído...(inner) ear
(la) garganta...throat
(el) cuello...neck
(el) hombro...shoulder
(el) pecho...chest
(el) brazo...arm
(el) codo...elbow
(la) muñeca...wrist
(el) dedo...finger
(la) uña...fingernail
(el) pulgar...thumb
(la) cintura...waist
(la) cadera...hip
(la) espalda...back
(el) estómago...stomach
(la) pierna...leg
(el) muslo...thigh
(la) rodilla...knee
(el) tobillo...ankle
(el) talón...heel
(el) dedo del pie...toe
(las) nalgas...buttocks
ver...to see
oír...to hear
tocar...to touch
probar (o:ue)...to taste
oler (o:ue) ...to smell

Daily routine (reflexives)

(la) rutina...routine
despertarse (e:ie)...to wake up
levantarse...to get up; to stand up
lavarse...to wash oneself
bañarse...to bathe oneself
tomar una ducha...to take a shower
ducharse...to shower
secarse...to dry oneself
afeitarse...to shave
ponerse la ropa...to put on one's clothing
quitarse...to take off (clothing)
probarse (o:ue)...to try on (clothing)
vestirse (e:i)...to get dressed
mirarse...to look at oneself
maquillarse...to put on makeup
cepillarse...to brush one's hair
peinarse...to comb one's hair
sentarse (e:ie)...to sit down
acostarse (o:ue)...to lie down
dormirse (o:ue)...to fall asleep
divertirse (e:ie)...to have fun
irse...to leave
preocuparse...to worry
prepararse...to get ready
quedarse...to remain; to stay somewhere
sentirse (e:ie)...to feel
enfadarse...to become annoyed or angry
calmarse...to calm down
(la) navaja...razor
(el) jabón...soap
(la) crema de afeitar...shaving cream
(el) champú...shampoo
(el) cepillo...brush
(el) peine...comb
(el) cepillo de dientes...toothbrush
(el) espejo...mirror
(el) maquillaje...makeup
(la) pasta de dientes...toothpaste

(el) papel higiénico... toilet paper
(la) secadora de pelo...hair dryer
(la) toalla...towel

Exprésate

acabar de...to just (have done something)
antes de...before
encontrar (o:ue)...to find
entrenar(se)...to work out
estar listo/a...to be ready
estirarse...to stretch
levantar pesas...to lift weights
¿Qué te falta hacer?...What do you still have to do?
dormir (o:ue) la siesta...to take a nap
mantenerse (e:ie) en forma...to stay in shape
¿Que haces para relajarte?...What do you do to relax?
bajar de peso...to lose weight
dejar de fumar...to stop smoking
doler (u:ue)...to hurt
enojarse...to get angry
Es que...It's because/just that...
hacer yoga...to do yoga
Me duele(n) ...My ...hurt(s)
¿Qué te pasa?...What's wrong with you?
¿Qué tiene ...?...What's the matter with ...?
seguir (e:i) una dieta sana...to eat a balanced diet
subir de peso...to gain weight
¿Te duele algo?...Does something hurt?
Te veo mal...You don't look well
tener (e:ie) catarro...to have a cold
demasiado(a)...too much
ni...neither; nor
No debes ...You shouldn't ...
Para cuidarte la salud...To take care of your health
tanto(a)...so much
tantos dulces...so many sweets