

Washington State Food Access English-Spanish Glossary

Food Access Terms Términos de acceso a los alimentos

<i>English</i>	<i>Español</i>	
Community Garden	Huerta comunitaria (f) ; Jardín comunitario (m)	
Farm to School	De la finca a la escuela	
Farmers Market	Mercado agrícola (m)	
Farmers Market Nutrition Program (FMNP)	Programa de Nutricion de Mercados Agrícolas (PNMA)	
Farm Stand	Puesto de productos de granja (m)	
Food Bank	Banco de comida (m) ; Banco de alimentos (m)	
Food Bank: Drive-Through Model	Banco de comida con servicio al coche (m)	
Food Box	Caja de alimentos (f)	
Food Pantry	Dispensa de alimentos (f)	

Food Access Terms

Términos de acceso a los alimentos

<i>English</i>	<i>Español</i>	
Food Heritage	Tradiciones culinarias (f)	
Food Sample	Prueba (f) ; Pruebita (f)	
Food Waste Prevention Week	Semana de prevención de desperdicios (f)	
Free Little Food Pantry	Puesto de alimentos gratis (m)	
School Garden	Huerta escolar (f) ; Jardín escolar (m)	
SNAP Benefit Match Programs	Programas de bonos de beneficios de SNAP (m)	
SNAP Market Match	Cupones SNAP EXTRAS de mercados agrícolas (m)	
SNAP Produce Match	Cupones SNAP EXTRAS para frutas y verduras (m)	
Sun Bucks	Sun Bucks (Cupones de verano) (m)	

Fruits - Frutas		
English	Español	Notes
Apple	Manzana (f)	N/A
Applesauce	Puré de manzana (f)	N/A
Apricot	Albaricoque (m) ; Chabacano (m)	Albaricoque: Latin America; Chabacano: Mexico
Avocado	Aguacate (m)	N/A
Banana	Plátano (m); Banano/a (m/f)	Plátano: Mexico; banano/a: Latin America
Berries	Moras (f) ; Bayas (f)	Use plural with small fruits
Blackberries	Moras (f) ; Zarzamoras (f)	Moras: Latin America; Zarzamoras: Mexico. Use plural with small fruits
Blueberries	Arándanos (m) ; Blúberis (m)	Use <i>blúberis</i> in informal situations. Use plural with small fruits
Boysenberries	Moras tipo <i>boysenberry</i> (f)	Use plural with small fruits
Cantaloupe	Melón (m)	N/A
Cherries	Cerezas (f)	Use plural with small fruits

Fruits - Frutas		
English	Español	Notes
Currants	Moras tipo <i>currant</i> (f)	Use plural with small fruits
Cranberries	Arándanos rojos (m)	Use plural with small fruits
Fig	Higo (m)	N/A
Gooseberries	Moras tipo <i>gooseberry</i> (f)	Use plural with small fruits
Grapes	Uvas (f)	Use plural with small fruits.
Grapefruit	Toronja (f)	N/A
Ground Cherries	Uchuvas (f)	Use plural with small fruits
Goldenberry	Uchuvas (f)	Use plural with small fruits
Huckleberry	Arándanos de la montaña (m)	Use plural with small fruits
Jackfruit	Jaca (f)	N/A
Kiwi	Kiwi (m)	N/A
Lemon	Limón amarillo (m)	N/A
Lime	Limón (m) ; Limón verde (m)	N/A
Lime: keylime	Limón pequeño	N/A
Loganberries	Moras tipo <i>loganberry</i> (f)	Use as plural with small fruits
Mango (big orange/green)	Mango (m)	N/A

Fruits - Frutas		
English	Español	Notes
Mango (little yellow)	Mango amarillo	N/A
Mango (green, narrow)	Mango verde agrio	N/A
Marionberries	Moras tipo <i>marion</i> (f)	Use plural
Melon	Melón	N/A
Melon: Canteloupe	Melón	N/A
Melon: Honeydew	Melón blanco	N/A
Nectarine	Nectarina (f) ; Nectarín (m/f)	N/A
Orange	Naranja (f)	N/A
Peach	Durazno (f), Melocotón (m)	N/A
Peach: donut	Durazno <i>donut</i> (m) ; durazno estilo calabaza (m)	N/A
Pear	Pera (f)	N/A
Pear: Asian	Pera manzana dulce (f)	N/A
Pineapple	Piña (f)	N/A
Pit (of an avocado, peach, etc.)	Semilla (f)	N/A
Plum	Ciruela (f)	N/A
Raisins	Pasas (f)	Use plural
Raspberries	Frambuesas (f); <i>Raspberris</i> (m)	<i>Raspberris</i> : informal. Use plural
Strawberries	Fresas	Use plural
Stone Fruit	Fruta de semilla dura (f)	N/A
Rhubarb	Ruibarbo (m); Rubarbo (m); <i>Rhubarb</i> (m)	<i>Rubarbo</i> and <i>rhubarb</i> : informal
Starfruit	Carambola (f)	N/A
Watermelon	Sandía (f)	N/A

Vegetables - Verduras		
English	Español	Notes
Alfalfa Sprouts	Germinados de alfalfa (m); Retoños de alfalfa (m); Brotes de alfalfa (m)	Be careful with "brote" because it also means "outbreak"
Amaranth Greens	Hojas de amaranto (f); Hojas de amaranto (f)	Use plural with salad greens
Artichoke	Alcachofa (f)	N/A
Arugula	Rúculas (f); Arúgulas (f); Ensalada de orugulas (f)	Use plural with salad greens
Asparagus	Espárragos (m)	N/A
Beet	Remolacha (f); Betabel (m)	Remolacha: Latin America; Betabel: Mexico
Black-Eyed Peas	Frijoles cabecita negra (m)	N/A
Bok Choy	<i>Bok choy</i> (m)	N/A
Broccoli	Brócoli (m)	N/A
Brussels sprouts	Coles de Bruselas (f); Bolitas de repollo (f)	Use <i>bolitas de repollo</i> in informal situations
Cabbage	Repollo (m); Col (f)	N/A
Cabbage: red	Repollo morado (m)	N/A
Cabbage: green	Repollo (m); Repollo verde (m)	N/A
Carrot	Zanahoria (f)	N/A

Vegetables - Verduras		
English	Español	Notes
Carrot: Baby Carrot	Zanahorias pequeñas (f); <i>Baby carrots</i> (m)	N/A
Cauliflower	Coliflor (m)	N/A
Chard	Acelgas (f) ; Hojas de <i>chard</i> (f)	Use plural with salad greens
Chives	Cebollín (m) ; Cebollino (m); <i>Chives</i> (m)	N/A
Celery	Apio (m)	N/A
Chinese cabbage	Repollo chino (m) ; Col china (f);	N/A
Collard greens	Acelgas (f)	Use plural with salad greens
Corn: fresh	Elote (m)	N/A
Corn: on the cob	Elote entero cocido (m)	N/A
Corn: dried/ cornmeal	Maíz (m)	N/A
Cucumber	Pepino (m)	N/A
Daikon Radish	Rábano daikon (m) ; Rábano blanco largo (m)	N/A
Eggplant	Berenjena (f)	N/A
Fennel	Hinojo (m)	N/A
Garlic	Ajo (m)	N/A
Greens	Hojas verdes para ensaladas (f) ; Verduras de hojas (f)	Use plural with salad greens
Green beans	Ejotes (m) ; Vainicas (f); Habichuelas (f)	Ejotes: Mexico

Vegetables - Verduras		
English	Español	Notes
Green onion	Cebolla verde (f) ; Cebolleta (f)	N/A
Kale	Hojas de kale (f) ; Col rizada (f)	Use plural with salad greens
Kohlrabi	Kohlrabi (m) ; Colinabo (m)	N/A
Leeks	Cebolla puerro (f) ; Cebolla gruesa (f); Puerro (m)	N/A
Microgreens	Microvegetales (m) ; Microplantas (f)	Use plural with salad greens
Mizuna	Hojas de mizuna (f)	Use plural with salad greens
Mushrooms	Hongos (m) ; Champiñones (m)	N/A
Mushrooms: wild	Hongos silvestres (m)	N/A
Mustard Greens	Hojas de mostaza (f)	Use plural with salad greens
Napa Cabbage	Col de Napa (f)	N/A
Okra	Quingombó (m) ; Quimbombó (m)	N/A
Parsnip	Chirivía (f)	N/A
Peas	Chícharos (m) ; Arvejas (f); Guisantes (m)	Chícharos: Mexico; Arvejas: Central America
Peas: Snap Peas	Chícharos tiernos (m)	N/A
Peas: Snow Peas	Chícharos chinos (m)	N/A
Peas: Shelling Peas	Chícharos (m)	N/A

Vegetables - Verduras		
English	Español	Notes
Pepper, bell	Chile de campana (m) ; Chile dulce (m); Pimiento dulce (m); Pimentón (m)	Chile de campana: Mexico
Pepper, chile (spicy)	Chile (m)	N/A
Plantain	Plátano macho (m) ; Plátano (m)	Plátano macho: Mexico; Plátano: Central America
Potato	Papa (f)	N/A
Potato, sweet	Camote (m) ; Batata (f)	Camote: Mexico; Batata: Guatemala, Spain
Pumpkin	Calabaza (f)	N/A
Radish	Rábano (m)	N/A
Rutabega	Rutabega (m) ; Nabo amarillo (m)	N/A
Salad greens	Hojas verdes para ensaladas (f); Verduras de hojas (f)	Use plural with salad greens
Shallot	Chalote (m)	N/A
Spinach	Espinacas (f)	Use plural with salad greens
Sprouts	Germinados (m) ; Brotes (m)	Be careful with "brote" because it also means "outbreak"

Vegetables - Verduras		
English	Español	Notes
Squash	Calabaza (f)	N/A
Squash, acorn	Calabaza bellota (f)	N/A
Squash, butternut	Calabaza tipo "butternut" (f)	N/A
Squash, delicata	Calabaza tipo "delicata" (f)	N/A
Squash, Patty Pan	Calabaza tipo "pattypan" (f)	N/A
Squash, Summer	Calabacita (f) ; Calabaza de verano (f)	N/A
Squash, Winter	Calabaza (f) ; Calabaza de invierno (f)	N/A
Tomatillo	Tomatillo (m) ; Miltomate (m)	Central and Southern Mexico: miltomate
Tomato	Tomate (m); Jítomate (m)	Central and Southern Mexico: jítomate
Tomato, cherry	Tomate de cherry (m)	N/A
Turnip	Nabo (m) ; Rábano morado (m)	N/A
Watercress	Berro (m)	N/A
Yellow Waxed Beans	Ejotes amarillos (m)	N/A
Zucchini	Calabacita (f) ; Calabacín (m); Zucchini (m)	N/A

Grains/Baking - Granos/Hornear		
English	Español	Notes
Amaranth	Amaranto (m)	N/A
Bagel	Bagel (m)	N/A
Baked Goods	Panes y pasteles (m)	N/A
Baking Powder	Polvo de hornear (m)	N/A
Baking Soda	Bicarbonato de sodio (m)	N/A
Barley	Cebada (f)	N/A
Barley, Whole Hulled	Cebada entera sin cáscara (f)	N/A
Biscuit	Panecillo (m)	N/A
Bread	Pan (m)	N/A
Bread, Whole Wheat	Pan integral (m)	N/A
Buckwheat	Buckwheat (m) ; Trigo sarraceno (m)	N/A
Bulgur	Trigo bulgur (m)	N/A
Buns	Pan para hamburguesa o salchicha (m)	N/A
Cake	Pastel (m) ; Torta (f)	N/A
Chips: Corn	Totopos (m) ; Chips de maíz (m)	In the Oaxacan region of Mexico totopo is used to describe tostada shells, in other parts of Mexico totopos are corn chips
Chips: Potato	Papas fritas (f)	N/A

Grains/Baking - Granos/Hornear		
English	Español	
Cookies	Galletas (dulces) (f)	
Corn (dry)	Maíz (m)	
Cornbread	Pan de maíz (m)	
Cornmeal	Harina de maíz (f)	
Cornstarch	Maicena (f); Fecula de maíz (f)	
Couscous	Cuscus (m)	
Crackers	Galletas (saladas) (f)	
Crisp/Crumble/Cobbler (Fruit)	Postre de frutas (f)	
Cupcake	Pastelito (f)	
Doughnut	Dónut (m)	
English Muffin	Panecillo inglés (m); Muffin inglés (m)	
Farro	Farro (m)	
Flour, White, All-Purpose	Harina (f)	
Flour, Whole Wheat	Harina integral (f)	
French Toast	Tostadas francesas (f)	
Masa Flour	Maseca (f)	
Millet	Millo (m); Mijo (m)	
Muffins	Panecillos (m); Muffins (m)	
Oats	Avena (f)	
Oats, Old-Fashioned Rolled Oats	Avena (f)	
Oats, Quick	Avena instantánea (f)	
Oats, Steel-Cut	Avena cortada (f)	
Oats, Whole Oat Groats	Avena molida (f)	

Grains/Baking - Granos/Hornear		
English	Español	
Pancakes	Panqueques (m)	
Pasta	Pasta (f)	
Pasta, Noodles	Fideos (m)	
Pasta, Shells	Pasta de caracoles (f)	
Pasta, Spaghetti	Espaguetis (m)	
Pastries	Panes y pasteles (m); Pandulce (m)	
Pie	Pay (m)	
Polenta/Corn Grits	Semolina (f) ; Polenta (f)	
Popcorn	Palomitas (f)	
Porridge	Papilla (f)	
Rolls	Rollos (m)	
Rice	Arroz (m)	
Rice, Brown	Arroz integral (m)	
Rice, Wild	Arroz silvestre (m)	
Rye Berries	Centeno entero (m)	
Scones	Panecillos dulces (m)	
Sorghum	Sorgo (m)	
Spelt Berries	Espelta entera (f)	
Teff	Teff (m)	
Tortillas	Tortillas (f)	
Wheat Berries		
Wheat Bran	Salvado de trigo (m)	
Wheat Germ	Germen de trigo (m)	
Whole Grain	Grano integral (m)	

Protein/Proteína		
English	Español	
Almonds	Almendras (f)	
Bacon	Tocino (m) ; Tocineta (f)	
Beans	Frijoles (m)	
Beans, Black	Frijoles negros (m)	
Beans, Black-Eyed Peas	Frijoles ojo negro (m)	
Beans, Fava	Habas (f)	
Beans, Garbanzo	Garbanzos (m)	
Beans, Kidney	Frijoles rojos (m)	
Beans, Navy	Frijoles blancos (m)	
Beans, Pinto	Frijoles pintos (m)	
Beans, refried	Frijoles refritos (m)	
Beef	Carne de res (f)	
Beef: Chuck Steak	Diezmillo de res (m)	
Beef: Flank Steak	Falda de res (f)	
Beef, Ground	Carne molida (f)	
Beef, steak	Bistec (m) ; Filete de res (m)	
Beef: Tenderloin	Solomillo de res (m) ; Lomo de res (m)	
Cashews	Marañones (m)	
Chicken	Pollo (m)	
Chicken, broth	Caldo de pollo (m)	
Chicken, ground	Pollo molido (m)	
Clams	Almejas (f)	
Crab	Cangrejo (m)	

Protein/Proteína		
<i>English</i>	<i>Español</i>	
Eggs	Huevos (m)	
Fish	Pescado (m)	
Fish, Cod	Bacalao (m)	
Fish, Halibut	Halibut (m)	
Fish, Salmon	Salmón (m)	
Fish, Salmon, Smoked	Salmón ahumado (m)	
Fish, Sardines	Sardinas (f)	
Fish, Tilapia	Tilapia (f)	
Fish, Trout	Trucha (f)	
Fish, Tuna	Atún (m)	
Fish, Tuna, Canned	Atún en lata/enlatado (m)	
Fish and Chips	Pescado frito con papas fritas (m)	
Ham	Jamón (m)	
Hamburger	Hamburguesa (f)	
Hot Dog	Perro caliente (m)	
Lamb	Cordero (m)	
Lamb Chops	Chuletas de cordero (f)	
Lamb, Ground	Carne de cordero molida (f)	
Lentils	Lentejas (f)	
Lunch Meat/Cold Cuts	Carnes frías (f)	
Meat	Carne (f)	
Mussels	Mejillones (m)	
Nuts, Mixed	Nueces mixtas (f)	

Protein/Proteína		
<i>English</i>	<i>Español</i>	
Nut Butters	Mantequilla/Crema de nueces (f)	
Octopus	Pulpo (m)	
Oysters	Ostras (f)	
Pastrami	Pastrami (m)	
Peanut	Cacahuates (m); Maní (m)	
Peanut Butter	Mantequilla/Crema de cacahuate (f)	
Peanut Butter, Chunky	Mantequilla/Crema de cacahuate con pedacitos (f)	
Peanut Butter, Creamy	Mantequilla/Crema de cacahuate cremosa (f)	
Pecans	Pecanas (f)	
Pepperoni	Pepperoni (m)	
Pork	Carne de puerco (f)	
Pork Chops	Chuletas de puerco (f)	
Pork, Ground	Carne de puerco molida (f)	
Pork Sausage	Salchichas de puerco (f)	
Roast Beef	Rosbif (m)	
Salami	Salami (m)	
Sausage	Salchicha (f) ; Chorizo (m)	
Sausage, Vegan	Chorizo vegano (m)	
Seafood	Mariscos (m)	
Shrimp	Camarones (m)	

Protein/Proteína		
<i>English</i>	<i>Español</i>	
Sesame Seeds	Semillas de ajonjolí (f) ; Semillas de sésamo	
Split peas	Chícharos partidos (m) ; Arvejas partidas (f)	
Squid	Calamares (m)	
Sunflower Seeds	Semillas de girasol (f)	
Tofu	Tofu (m)	
Turkey	Pavo (m)	
Turkey, Ground	Pavo molido (m)	
Turkey, Cold Cut	Jamón de pavo (m)	
Walnuts	Nueces (f)	

Dairy/Lácteos		
English	Español	
Butter	Mantequilla (f)	
Buttermilk	Suero de mantequilla (m)	
Cheese	Queso (m)	
Cheese, American	Queso americano (m)	
Cheese, Cheddar	Queso cheddar (m)	
Cheese, Cotija	Queso cotija (m)	
Cheese, Cottage	Queso cottage (m)	
Cheese, Feta	Queso feta (m)	
Cheese, Mozzarella	Queso mozzarella (m)	
Cheese, Parmesan	Queso parmesano (m)	
Cheese, Shredded	Queso rallado (m)	
Cheese, Sliced	Queso en rodajas (m)	
Cheese, Lowfat	Queso bajo en grasa (m)	
Cheese, Oaxaca	Queso Oaxaca (m)	
Cheese, Panela	Queso panela (m)	
Cheese, Queso Fresco	Queso fresco (m)	
Cheese, Ricotta	Queso ricotta (m)	
Cheese, Stringcheese	Queso en palitos (m); Queso de hebra (m)	
Cream	Crema (f)	
Cream, Heavy	Crema de nata (f)	
Cream, Mexican	Crema mexicana (f)	
Cream, Whipped	Crema batida (f)	
Creamcheese	Queso crema (m)	

Dairy/Lácteos

<i>English</i>	<i>Español</i>	
Icecream	Helado (m)	
Milk	Leche (m)	
Milk, Almond	Leche de almendras (f)	
Milk, Nonfat	Leche sin grasa (f)	
Milk, Lactose-Free	Leche delactosada (f)	
Milk, Lowfat	Leche baja en grasa (f)	
Milk, Soy	Leche de soya (f)	
Milk, Oat	Leche de avena (f)	
Milk, Rice	Leche de arroz (f)	
Sourcream	Crema agria (f) ; natilla (f)	
Yogurt	Yogur (m)	
Yogurt, greek	Yogur griego (m)	
Yogurt, plain lowfat	Yogur natural bajo en grasa (m)	

Herbs, Spices & Condiments

Hierbas, especias y condimentos

<i>English</i>	<i>Español</i>	
Allspice	Pimienta dulce ; Pimienta gorda	
Apple Pie Spice	Mezcla de especias para pay de manzana (canela, nuez moscada y pimienta dulce) (f)	
Cayenne pepper	Cayena (f)	
Basil	Albahaca (f)	
Chili Powder	Chile en polvo (m)	
Chives	Cebollín (m)	
Cilantro	Cilantro (m)	
Cinnamon	Canela (f)	
Cloves	Clavo molido (m)	
Coriander	Cilantro (m)	
Cumin	Comino (m)	
Curry Powder	Curry en polvo (m)	
Dill	Eneldo (m)	
Fennel	Hinojo (m)	
Garlic Powder	Ajo en polvo (m)	
Ginger	Jengibre (m)	
Hot Pepper Sauce	Salsa picante (f)	
Ketchup	Salsa de tomate (f)	
Mayonaise	Mayonesa (f)	
Mint: Leaves	Menta (f)	
Mint: Tea	Hierbabuena (f)	

Herbs, Spices & Condiments

Hierbas, especias y condimentos

<i>English</i>	<i>Español</i>	
Mustard	Mostaza (f)	
Nutmeg	Nuez moscada (f)	
Oregano	Orégano (m)	
Paprika	Paprika (f) ; Pimentón (m)	
Parsley	Perejil (m)	
Pepper (black)	Pimienta (f)	
Pumpkin Pie Spice	Mezcla de especias para pay de calabaza (canela, gengibre, nuez moscada y clavo molido) (f)	
Red pepper flakes	Hojuelas de chile rojo (f) ; Semillas de chile rojo picante (f)	
Rosemary	Romero (m)	
Salsa	Salsa (f)	
Salt	Sal (f)	
Taco Seasoning	Mezcla de chile en polvo, comino, paprika, cebolla en polvo, ajo en polvo, sal y pimienta (f)	
Thyme	Tomillo (m)	
Vanilla	Vainilla (f)	

Kitchen Tools & Equipment		
Herramientas y equipo de cocina		
English	Español	
Baking Sheet	Bandeja para hornear (f)	
Blender	Licadora (f)	
Bread Pan	Molde para pan (m)	
Can Opener	Abrelatas (f)	
Casserole/Baking Dish	Molde para hornear (m)	
Cheese Grater	Rallador de queso (m)	
Cooking Spray	Aceite antiadherente (m)	
Counter	Mesón (m)	
Cutting Board	Tabla para cortar (f)	
Electric skillet	Sartén eléctrico (m)	
Food thermometer	Termómetro de alimentos (m)	
Freezer	Congelador (m)	
Hot Plate	Estufa portátil (f)	
Knife	Cuchillo (m)	
Ladle	Cucharón (m)	
Measuring Cup	Taza medidora (f)	
Measuring Spoon	Cuchara medidora (f)	
Microwave	Microondas (m)	
Mixing Bowls	Tazones para mezclar (m)	
Mixing Spoon	Cuchara para mezclar (f)	
Muffin Tin	Molde para muffin (m)	
Oven	Horno (m)	
Pan	Sartén (m)	

Kitchen Tools & Equipment		
Herramientas y equipo de cocina		
English	Español	
Pot	Olla (f)	
Parchment Paper	Papel para hornear (m)	
Pie Pan	Molde para pay (m)	
Pot holders	Mitones/guantes para hornear (m)	
Pressure Cooker	Olla a presión (f)	
Refrigerator	Refrigeradora (f)	
Rice cooker	Arrocera (f)	
Rubber spatula/scrapper	Espátula de silicona (f)	
Silverware	Cubiertos (m)	
Skillet	Sartén (m)	
Slow Cooker	Olla de cocción lenta (f)	
Spatula	Espátula (f)	
Stove	Estufa (f)	
Strainer/sieve	Colador (m)	
Tinfoil	Papel de aluminio (m)	
Toaster	Tostador (m)	
Tongs	Pinzas (f); Tenazas (f)	
Vegetable peeler	Pelador de verduras (m)	
Vegetable scrub brush	Cepillo para verduras (m)	
Waffle Iron	Wafflera (f)	

Cooking Terms - Términos de cocina

<i>English</i>	<i>Español</i>	<i>Notes</i>
Freeze-Dried	Liofilizado	N/A
Picky eaters	Mañosos; Delicados para comer; Selectivos	N/A
To Bring to a Boil	Cocine hasta que hierva	N/A
To Broil	Rostizar en el horno en modo 'broil'	N/A
To Chop	Picar	N/A
To Cube	Cortar en cubos	N/A
To Fry	Freír	N/A
To Grill	Asar	N/A
To Pour	Agregue; Vierta	"Verter" is not used in Mexican Spanish
To Roast	Rostizar	N/A
To Sauté	Saltear	N/A
To Simmer	Cocinar a fuego lento	N/A
To Slice	Cortar en rodajas	N/A
To Sprinkle	Espolvorear (powder), rociar (liquid,) Esparcir, extender (chunky things like nuts and seeds)	N/A
To Steam	Cocinar a vapor	N/A
To Stir Fry	Saltear a fuego alto	N/A

Dishes - Comidas		
English	Español	
Casserole	Cacerola (f)	
Chocolate Chips	Chispas de chocolate (f)	
Chunky Sauce	Salsa espesa (f)	
French Fries	Papas fritas (f)	
Frosting	Glaseado (m) ; Lustre (m)	
Hummus	Hummus (m)	
Pie	Pay (m)	
Salsa (Canned)	Salsa (f)	
Salsa (Fresh)	Pico de gallo (m)	
Smoothie	Licuerdo (m)	
Snacks	Bocadillos (m)	
Soup	Sopa (f)	
Sprinkles	Esprinkles (m); Confeti (m)	
Stew	Estofado (m)	
Stir Fry	Salteado (m)	
Topping	Ingredientes extra (m); Adorno (m); Guarnición (f)	
Treat (Salty)	Bocadillo especial (m)	
Treat (Sweet)	Golosina (f)	
Pot pie	Pay salado (m)	
Wrap/Roll	Rollo (m)	

Exercise - Ejercicio		
<i>English</i>	<i>Español</i>	
Push-ups	Largartijas (f)	
Crunches	Abdominales (m)	
Jumping Jacks	Salto de tijera (m)	
Planks	Planchas (f)	
Squats	Flexión de piernas (f) ; Sentadillas (f)	
Mindfulness	Atención plena (f)	
Sit-ups	Sentadillas (f)	
Lunges	Zancadas (f); Desplantes (m)	
To Jog	Trotar	
To Jump Rope	Saltar laso	
To Go For a Hike	Senderear; Hacer una caminata	
To Go For a Walk	Salir a caminar	

Gardening - Jardinería		
English	Español	
Fruit (Botanical)	Fruto (m)	
Fruit (Food)	Fruta (f)	
Fruit/Vegetable Farm	Rancho (m) ; Finca (f); Granja	
Fruit/Vegetable Farmer	Agricultor(a) ; Granjero(a)	
Greenhouse	Invernadero (m)	
Harvest	Cosechar	
Heirloom Plants	Plantas criollas (f)	
Marigold	Caléndula (f) ; Sempasúchil (m)	
Microgreens	Microvegetales (m) ; Microplantas (f)	
Plant Start	Plantita (f)	
Pot	Maceta (f)	
Potting Soil	Tierra para macetas (f)	
Raised Garden Bed	Jardín elevado (m)	
Seed Bed	Semillero (m)	
Seedlings/Sprouts	Brotos de plantas (m)	
Soil	Tierra (f)	
Spray Bottle	Botella rociadora (f)	
To Forrage	Recolectar alimentos silvestres	
To Pick	Recoger	
To Thin	Desmochar	
To Water	Regar	
To Weed	Deshierbar	
Vegetable Garden	Huerta/Jardín de vegetales (f/m)	