

| English                  | Spanish              |
|--------------------------|----------------------|
| How to Prepare Your Food | Como Preparar Comida |
| baked                    | horneado             |
| boiled                   | hervido              |
| broiled                  | asado, a la parilla  |
| canned                   | enlatado             |
| cooked well done         | bien cocinado        |
| defrosted                | descongelado         |
| high Fiber diet          | dieta Rica en Fibra  |
| Drained                  | Colado               |
| Enriched                 | Enriquecido          |
| Fried                    | Frito, A La Plancha  |
| Grilled                  | A la Brasa           |
| Homogenized              | homogeneizado        |
| Pasteurized              | Pausteurizado        |
| Pickled                  | Encurtido            |

|                     |                         |
|---------------------|-------------------------|
| Raw                 | Crudo                   |
| Slammed             | Descremada              |
| Salted              | Salado                  |
| Scraped             | Raspado                 |
| Steamed             | Al Vapor                |
| Stewed              | Guisado                 |
| Sweeten             | Endulzado               |
| Sautee              | Cosido                  |
|                     |                         |
| Nutrition Vocab     | Vocabulario Nutricional |
| Nutrients           | Sustancias Nutritivas   |
| Broccoli            | Brocoli                 |
| Green Leafy Lettuce | Lechuga Verde           |
| Kale                | Col Rizada              |
| Sweet Green Peas    | Aruejitas Pequeñas      |
| Green Peas          | Ejotes                  |
| Plantain            | Platano Verde           |
| Turnip Greens       | Nabo Verde              |

|                        |                       |
|------------------------|-----------------------|
| Watercress             | Berro                 |
| Light Green Vegetables | Vegetales Verde Claro |
| Artichoke              | Alcachofas            |
| Asparagus              | Esparagos             |
| Brussel Sprouts        | Col De Bruselas       |
| Cabbage                | Repollo               |
| Celery                 | Apio                  |
| Cucumber               | Pepino                |
| Green Bean             | Abichuealas Verdes    |
| Zucchini               | Calabacin             |
| Okra                   | Calalu                |
| Iceberg Lettuce        | Cabeza de Lechuga     |
| Chinese Cabbage        | Repollo Chino         |
|                        |                       |
| Orange Vegetables      | Vegetales Naranjas    |
| Butternut Squash       | Calabaza de Invierno  |
| Hubbard Squash         | Calabaza              |
| Acorn Squash           | Calabacin             |

|              |                   |
|--------------|-------------------|
| Carrots      | Zanahorias        |
| Pumpkin      | Calabaza          |
| Acorn Squash | Calabaza alargada |
| Sweet Potato | Camote            |
| Cauliflower  | Coliflor          |
| Chard        | Acelga            |
| Coriander    | Cilantro          |
| Beets        | Remolacha         |
| Chives       | Cebollin          |
| Eggplant     | Verengena         |
| Endive       | Escarola          |

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