*Items printed in grey are in the AQA GCSE 2016 Specification.*

**6.1G ¿Quieres ser voluntario/a?**

*arreglar* to tidy, to fix, to arrange

*ayudar (a)* to help (to)

*el banco de alimentos* food bank

*charlar* to chat

*el comedor social* soup kitchen

*el concurso* competition

*cultivar* to grow, cultivate

*disfrutar* toenjoy

*ecologista* environmental

*la gente mayor* old people

*hogar* home

*limpiar* to clean

*marcar (un gol)* to score (a goal)

*necesitado* needed, required

*los necesitados* the needy

*la organización benéfica* charitable organisation, charity

*participar (en)* to take part (in)

*pasarlo bien* to have a good time

*proteger* toprotect

*la residencia de ancianos* old people’s home

*los “sin techo”* thehomeless

*el Tercer Mundo* the Third World

*la tienda con fines benéficos* charityshop

*/tienda solidaria*

*el/la voluntario/a* volunteer

**6.1F Me gustaría ayudar**

*agradecer* to thank

*aprender* to learn

*el asombro* amazement, surprise

*contar (que)* to tell, to relate

*el curso* school year, course

*los/las demás* the others, the rest

*esperar* to wait for, to hope, to expect

*formar parte* to be part (of)

*hacer la cama* to make the bed

*el centro de menores* children’s home

*tutelados*

*el idioma* language

*inútil* useless

*el propósito* aim, purpose, objective

*repartir* to deliver, to hand out

*tener sueño* to be sleepy

*la tienda solidaria* charity shop

útil useful

**6.2G ¿Comes bien?**

*acostarse* to go to bed

*las bebidas alcohólicas* alcoholic drinks

*las bebidas azucaradas* sugary drinks

*borracho/a* drunk

*el dolor* pain*,* ache

*emborracharse* togetdrunk

*evitar* toavoid

*glotón* greedy

*la grasa* fat

*grasiento/a* fatty, greasy

*intentar (+ infinitive)* to try to

*el ladrón* thief*,* robber

*malsano* unhealthy

*musulmán* Muslim

*poco sano* nothealthy

*la ración* portion

*saludable* healthy

*sano* healthy

**6.2F ¿Llevas una vida sana?**

*apetecer (me apetece)* to fancy, to feel like (I fancy)

*aprobar (un examen)* to pass (an exam)

*el cigarrillo* cigarette

*con moderación* in moderation

*conseguir (un trabajo)* to get (a job)

*el consejo* advice

*correr* to run

*la droga (blanda/dura)* (soft/hard) drug

*drogarse* to take drugs

*el ejercicio (físico)* (physical) exercise

*estar a dieta* to be on a diet

*el estrés* stress

*estresado/a* stressed

*estresante* stressful*,* stressing

*fumar* to smoke

*levantarse* to get up

*mantenerse en forma* to keep fit

*preocupar* to worry

*probar* to try, to taste, to have a go

*receta* recipe

*sentirse* to feel

*superar* to overcome