

VOCABULARIO

Esta lista de vocabulario esencial busca facilitar la comprensión oral.



TÉRMINO	DEFINICIÓN-INGLÉS
Pantas silvestres	Wild plants are those that grow naturally, without being planted or cared for by humans. They sprout and grow in fields, forests, mountains, riverbanks, and other natural spaces, adapting to the climate and soil of the area.
Quilete/ macuy/ hierba mora	It is a wild edible plant well known in Guatemala and other regions of Central America. It grows naturally in damp areas, cornfields, and roadsides, especially during the rainy season. Its tender green leaves are used in traditional cooking, as they are nutritious and have a mild flavor.
Montañas	They are large natural elevations of land that rise toward the sky, forming imposing landscapes full of life.
Pantas medicinales	These are used to prevent, alleviate, or cure illnesses thanks to their natural properties.
Pantas comestibles	These are plants that can be consumed as food and provide essential nutrients for the body. Different parts of the plant are used, such as leaves, roots, fruits, seeds, and stems.
El Campo	It is the space where nature and human life coexist in harmony.
Chipilín	It is a traditional edible plant in Guatemala and other Central American countries. It grows both wild and cultivated, especially in warm and temperate climates.
Cocinar	It is the act of transforming food with care and creativity to give it flavor and life. Cooking combines ingredients, aromas, and traditions, turning something simple into something special.

VOCABULARIO

Esta lista de vocabulario esencial busca facilitar la comprensión oral.



TÉRMINO	DEFINICIÓN-INGLÉS
Tomatillo de montaña	It is a wild plant that grows in high, cool areas, especially in mountainous regions. It grows naturally among vegetation, adapting to the climate and soil of the area. Its fruit is small, red or orange in color, and has an intense, slightly acidic flavor that is highly prized in traditional cuisine.
Cebolla	It is an edible plant widely used in cooking for its distinctive flavor and intense aroma.
Pepita dorada	It is the seed of the squash (pumpkin), roasted and ground, highly prized in traditional Guatemalan cuisine. It is called “dorada” (golden) because of the golden color it acquires when roasted, which also enhances its aroma and flavor.
Ensala	It is a fresh and healthy dish prepared with vegetables and sometimes fruit, combined in a simple and natural way.
Cosecha fresca	These are foods that have just been cut or harvested from the field and still retain their freshness, flavor, and natural nutrients.
Berro	It is an edible and medicinal plant that grows in damp places, especially near rivers, springs, and clean water streams. It is recognized by its small green leaves and its slightly spicy and fresh taste.
Guías de güisquil	They are the tender stems and shoots of the güisquil (chayote) plant. They are considered a traditional edible plant, widely used in Guatemalan cuisine, especially in rural areas.
Pacayas	They are the tender flowers of a wild palm tree, well known and appreciated in Guatemala. They grow in mountainous and wooded areas and are harvested when they are still young and soft.