

People人

sir 先生 senyor	sir's 先生的 kay senyor	mam 太太 senyora	mam's 太太的 kay senyora	his 他的 sa kanya	he/him 他siya	guest 客人 bisita	friend 朋友 kaibigan
sister 姐姐/妹妹 kapatid na lalaki/ate	brother 哥哥/弟弟 kapatid na lalaki/kuya	elder 較年長的 panganay	younger 較年幼的 bunso	grandma 祖母/ 外婆 lola	grandpa 祖父/外祖 父 lolo	niece/外甥 nephew pamangkin	uncle叔叔/ 舅反 tiyuhin
We/us 我們 tayo	yourself為你自己 aking sarili	I/me 我 ako	You 你/ 你們 ikaw	your你/你們 ang iyong	my 我的 ang/aking	our我們 sa atin	auntie亞姨 tiyahin
they/them 他/她/ 牠/它們 sila	theirs 他/她/牠/ 它們 sa kanila	Baby 嬰孩 BB	the kid's 孩子的 mga bata	she/her 她siya	her 她的 sa kanya	it 它/牠 ito	its 它/牠的 ito
baby's bb的 sa mga bata	your 你/ 你們的 sa iyo/iyo	our我們的 amin	the kid(s) 孩子mga bata				

words commonly used常用字

home 家/屋企/ 返屋企bahay	school 返學 paaralan	work 返工 trabaho	market 街市 palengke	breakfast 早餐 agahan / almusal	lunch 午餐 tanghalian	dinner 晚餐 hapunan
supermarket 超市 grocery store	minimart士多/雜 貨店	ground floor 地下	lobby大堂	have holiday 放假 araw ng pahinga	snack time 下午茶 oras ng merienda	club house 會所
recycle bag 環保袋	trolley 手推車	something 一些東西				

verbs動詞

hope 希望	want 想	will not	will 將會	can 能够	cannot 不能够	need 需要	no need 不需要
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Arrow Employment Services - Chart assist communication between employers and helpers 2

pag-asa	gusto	將不會 di puwede	puwede	maaari	hindi maaari	kailangan	di kailangan
come來 halika	go/ go to去 pumunta sa	cook 煮 magluto	eat 吃 kain/kumain	take shower 洗澡 maligo	wait等 hintay/ maghintay	sleep 睡 matulog	prepare 預備 ihanda
hope 希望 pag-asa	please 請 pakisuyo	give 給 ibigay	have 有 meron	want 想 gusto	put down放下 ibaba	buy 買 bilii	understand 明白 intindi
put放 ilagay	teach教 turuan	take拿 kunin	take away 拿走 alisin	demonstrate 示範 ipakita	turn on開掣 buksan	turn off 關掣 patayin	misunderstand 誤會 di naintin
write 寫 isulat	see看 tignan	read 閱讀 basahin	bring 帶 dalhin	rest 休息 pahinga	turn 轉/ 翻轉/ ikot		

adjective 形容詞

clear清楚 klaro	pretty漂亮 maganda	happy開心 masaya	unhappy不開心 malungkot	worried擔心 kinakabahan	sorry 對不起 paumanhin	nervous驚 nerbiyos
unclear不清楚 hindi klaro						

transportation交通

bus巴士	bus stop 巴士站	minibus小巴	minibus stop 小巴士	platform 月台	exit 出口	shuttle bus 穿梭巴
taxi的士	taxi stop 的士站	MTR港鐵	MTR station 港鐵站	gate 閘口	ground floor 地下	shuttle bus stop 穿梭巴士站

body身體, feeling 感受, illness病

check檢查 suriin	go(to) 去 pumunta sa	clinic 診所 klinika	hospital醫院	see doctor 看 醫生	temperature體溫	medicine藥 gamot
sick 病 may sakit	fever 發熱 lagnat	cry 哭 iyak	itchy 癢 makati	in pain 痛 masakit	not feeling well 身體不適 hindi maganda ang pakiramdam	vomit嘔 suka
headache頭痛 sakit ng ulo	diarrhoea腹瀉 pagtatae	dizzy 暈 nahihilo	head 頭 ulo	hair頭髮 buhok	non-stop crying哭不停 iyak ng iyak	stomach 胃 tiyan
eye(s) 眼mata	ear(s) 耳tainga	mouth 口 bunganga	tongue舌dila	lip(s)唇bibig	cheek 臉頰pisngi	chin 下巴 baba
nose 鼻ilong	neck 頸leeg	hand(s) 手 kamay	arm(s) 手臂 braso	finger(s)手指 daliri	palm手掌palad	shoulder 膊碩 balikat
underarm腋下 kili-kili	chest 胸口 dibdib	abdomen 肚 tiyan	groin 腹股溝	buttock臀部 puwet	back 背部 likod	leg(s)腿
thigh 大腿	calf 小腿binti	foot腳paa	feet 雙腳paa	toe(s)腳	upper 上	lower 下

Arrow Employment Services - Chart assist communication between employers and helpers 4

and 和 at saka	for 為/給 para sa	with 與...在一 起 kasama	in裡面 loob	outside出/外面 labas	on 上面 sa taas	at在	in / into sa loob 在...裡面
under下面 ilalim	left左邊 kaliwa	right右邊 kanan	front前面 harap	back 後面 likod	because 因為	below 有 下面	above 在上面 itaas
this/these 今/ 這/ 這些 ito	that/those 那/那些 iyan	upper上 taas	lower下 mababa	when當 kailan	therefore 所以 kayat	few 少數 ilan	too much/ too many 太多 marami/madami
once 1次 minsan	twice 2次 dalawa	then 然後	third 第三 pangatlo	second第二 pangalawa	first 第一/ 首先 una	none沒有 wala	not enough不够 kulang
before之前 bago	after隨之而 後 tapos	meal 餐 pagkain					

Questions問題

what(to) 甚麼 ano	where 哪裏 saan	can能够 maaari	how much/how many 多少magkano/ilan	which 哪一個 alin	if 如果 kung	how long(time)多少時間 gaano katagal
when 何時 kailan	how(to) 如何 paano	may puwede	what kind 甚麼類型 anong klase	who/ whom 誰人 sino	why為什麼 bakit	how long(length) 幾長gaano kahaba

Time 時間

January 1月	February 2 月	March 3月	April 4月	May 5月	June 6月	July 7月	August 8月
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September 9月	October 10月	November 11月	December 12月	am 上午	pm 下午	hour(s) 小時 oras	minute(s) 分鐘 minuto
o' clock 時 1 o'clock= 1時	Sunday 星期日 linggo	Monday 星期一 lunes	Tuesday 星期二 martes	Wednesday 星期三 miyerkules	Thursday 星期四 huwebes	Friday 星期五 biernes	Saturday 星期六 sabado
tomorrow night 昨晚 bukas gabi	tomorrow 明天bukas	today 今天 ngayon	tonight 今晚 ngayon gabi	yesterday 昨天kahapon	this 今 itong...	morning 早上 umaga	afternoon 下午 hapon
last 已過去的 nakalipas	next 下一個 susunod	day 日 araw	week 星期 linggo	month 月 buwan	year 年 taon	evening 黃昏 gabi	night 晚 gabi
daily 每日 araw araw	per 每 kada	once 一次 minsan	twice 兩次 dalawa				

cooking 煮食

wash 洗 laba/labhan	rinse 過水 hugasan/hugas	slice 切片 hiwa	mince 切碎 durog	cut 切 hatiin	diced 切粒	marinate 醃 ibabad sa rekado
steam 蒸	saute 炒 madaliang prito	cook 煮 luto	boil 焗/水煮 pakuluan	reheat 翻熱 initin uli	bake 焗	deep fry 炸 lubog sa mantika
use 用 gamitin	put 放 ilagay	double steam 燉	grilled 烤 inihaw	chilled 冰鮮	fresh 新鮮 sariwa	small fire 細火 maliitna / ahinang apoy
stripes 條狀	cubes 粒	piece(s) 塊/個 piraso	dish up 上碟 hanguin	frozen 雪藏	large fire 大火 malakas na apoy	medium fire 中火 katamta man na apoy

electrical appliances 電器

refrigerator 雪櫃	freezer 冰格	refrigerator's door 雪櫃	oven 焗爐	microwave 微波爐	vacuum pot 真空煲
juice extractor 榨汁機	blender 攪拌機	frying pan 煎pan palyok	wok 鑊kawali	pot 煲/鍋 takuri	casserole 砂鍋 kaserola
water bottle 水樽	kettle 水煲	cooker 飯煲	thermos 保温瓶		

water 水 tubig	soup 湯 sabaw	hot 熱 mainit	warm 暖 maligamgam	cold 凍 / 涼 malamig	iced 冰凍 yelo	ice cube 冰塊	boiled 煮沸 pinakuloan
rice 米飯 bigas	sushi rice 壽司飯	congee 粥 lugaw	instant noodle 即食麵	noodle 麵	rice -vermicelli 米粉 pansit	macaroni 通心粉	pasta 意大利粉
bean curd 豆腐	cheese 芝士	Sprouts 芽 菜	soft drinks 汽水	yogurt 乳酪	vermicelli 粉絲 pansit	milk 奶 gatas	ovaltine 阿華 田
coffee 咖啡 kape	tea 茶 tsaa	beer 啤酒 alak	milo 美綠	cake 蛋糕	raddish cake 蘿蔔糕	waterchestnut cake 馬蹄糕	new year cake 年糕
bread 麵包							

ingredients 材料

oil 油 mantika	sugar 糖 asukal	salt 鹽 asin	corn starch 生粉	light soya sauce 生抽 malinam na toyo	dark soya sauce 老抽 maitim na toyo	ketchup 茄汁
oyster sauce	pepper 胡椒粉	garlic 蒜頭	ginger 薑	onion 洋蔥	spring onion 葱	flour 麵粉

蠔油	paminta	bawang	luya	sibuyas	dahon ng sibuyas	harina
Guan Qian 莞茜	white vinegar 白醋 puting suka	red vinegar 紅醋 pulang suka	chicken powder 雞粉	sesame oil 芝麻油	cooking oil 煮食油 mantika	cooking wine 煮食酒 panlutong suka
rock sugar 冰糖						

Market街市

buy買 bili	get receipt 要收據 kumuha ng resibo	call 致電tawag	find 找hanapin	other其他iba	the food食物 ang pagkain	record what you buy寫數簿
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vegetable蔬菜

cabbage repolyo 椰菜	bottom mushrooms 磨菇	choi sum 菜心	spinach 菠菜	chinese spinach 莧菜	cauliflower 椰菜花	broccoli 西蘭花
fresh dongru 鮮冬菇	long mushrooms 金茹 mahabang kabote	squash 中式南瓜 kalabasa	carrot 蘿蔔	oval mushroom 草菇	corn 粟米 mais	baby corn bb 粟米
dried dongru 乾冬菇	mixed vegetables 雜菜 halo-halong gulay	pumpkin 南瓜 kalabasa	Chinese cabbage 白菜	winter melon 冬瓜	tung choi 通菜	Zucchini 節瓜
wood ear 木耳	black fungus 雲耳	white fungus 雪耳 (suet yi)	red dye 紅棗 (hong jo)	blue dye 藍棗	Jimmy date 麥棗 (mak jo)	Dangshen 黨參
Citrus 陳皮	cinnamon powder	star anise	Dachshund	Meicai 梅菜	Yam 淮山 ube	Almonds 南北杏

orange	玉桂粉	八角	臘腸			
apple 萍果 mansanas	orange 橙	banana 香蕉 saging	pear 梨	dragon fruit 火龍果	kiwi 奇異果	durian 榴蓮
grapefruit 西柚	watermelon 西瓜 pakwan	papaya 木瓜	lichee 荔枝	longan 龍眼	pineapple 菠蘿 pinya	

Canned food

corn syrup 粟米羹 cream corn	whole corn 粟米粒 buong mais	peaches 水蜜桃	fruit cocktail 雜果 mixed fruit	tuna 吞那魚	
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meat 肉

chicken 雞肉 manok	whole chicken 全隻雞 buong manok	chicken legs 雞腿 paa ng manok	fish 魚 isda	fillet 魚片
beef 牛肉 karne ng baka	pork 豬肉 karne ng baboy	pig tail 豬尾 buntot	pig liver 豬肝 / 豬潤 atay	pig kidney 豬腰 bato ng baboy
bacon 煙肉	ham 火腿	sausage 香腸 hot dog	cheese sausage 芝士腸	lamb 羊 kambing

numbers 數目

1 isa	2 dalawa	3 tatlo	4 apat	5 lima	6 anim	7 pito	8 walo	9 siyam	0 zero	hundred daan 百	thousand libo 千	½ 1 半	⅓	¼	all 全部 lahat
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unit 單位

dozen打(12) dosena	litre 升 litro	ml mililitro 毫升	times 次 beses	per每 kada	pound 磅	cattis 斤kilo	oz安士 ounces	kg千克 kilo
teaspoon 茶匙 kutsarita	tablespoon 湯匙 kutsara	rice bowl(s) 飯碗 mangkok	a cup of 杯/ 茶杯 isang tasa ng	a glass of 玻璃杯 isang baso ng				

utensils廚具

rice bowl 飯碗 mangkok	chopsticks 筷子	knife(s) 刀 kutsilyo	fork(s)叉 tinidor	big太 malaki	small 小 maliit
dish/plate(s) 碟 plato	ladle 飯勺 sandok(rice)	ladle 湯匙 sandok(soup)	tea spoon(s)茶匙 kutsarita	table spoon 湯匙 kutsara	chinese table spoon 中式湯匙
water bottle水樽 bote ng tubig	milk bottle 奶樽 bote/ inuman ng gatas	thermos 熱水瓶 lalagyan ng mainit na tubig	kettle 水煲 takuri	give給 ibigay	set the table 準備碗筷 ayusin ang mesa
water pot水壺 pitsel	cup(s) 茶杯 tasa	glass(es) 玻璃杯 baso			

guests客人

give給 ibigay	bring out拿...出來 拿出ilabas	take away 拿走 拿走 alisin	slippers 拖鞋 tsinelas		
guest 客人 bisita	tea 茶 / 茶葉 tsaa	water 水 tubig	fruits 水果 prutas	the food 食物 ang pagkain	

cleaning 清潔

sweep 掃 walisin	mop 抹 punasan	vaccum 吸塵	clean 清潔 linisin	use 用 gamitin	the floor地板 ang sahig
kitchen 廚房 kusina	sitting room 客廳 sala	dining room 飯廳 kainan	the toilet 廁所 ang kubeta	computer room 電腦實室	store room 儲物室 imbakan ng gamit
masterbedroom 主人房 kwarto	kid's bedroom 孩子睡房kwarto/ silid ng mga bata	bedroom 睡房kwarto	room 房 silid	window 窗 bintana	door 門 pinto
stove 爐 kalan/ lutoan	cupboard 杯櫃 kabinet	the chop board 砧板 sangkalan	towel 毛巾 tuwalya	the bathtub 浴缸	the sink 洗手盆 ang lababo
fan 風扇 bintelador/ pamaypay	exhaust fan 抽氣扇	detergent 洗潔精 sabon	clorox 漂白劑		the table 桌子 ang lamesa

bed sheet 床單 sapin	pillow case 枕頭套 punda	blanket 被/毯子 kumot	quilt 被套 blanket	pillow 枕頭 unan	drawer 抽櫃 kabinet	change 更換 palit

washing clothes 洗衣服

use 用 gamitin	rinse 過水 hugasan/ banlaw	wash 洗 labhan	hanger 衣架	hand wash 手洗 labhan ng kamay	hang 掛(衫) isampay
the kid's 孩子的 sa mga bata	sir's 先生的 kay senyor	mum's 太太的 akin	iron 熨衫/ 熨斗 plantsa	fold 摺 tupiin or tiklupin	turn inside out 底面翻轉 baliktarin

clothes 衣服 mga damit	underwear 內衣 pang ilalim na suot	vest背心	coat外套	pantyhose 襪褲	turn upside down上 下翻轉
long sleeves 長袖衫	short sleeves 短袖衫	bra 胸罩	T shirt T恤衫	羊毛衫Sweater	washing machine 洗衣機
washing powder 洗衣粉 sabong panlaba	washing detergent 洗衣液 sabong panghugas	panty內褲	socks襪 medyas	vest 背心外套	shirt 恤衫
softener 柔順劑					

bathroom/toilet衛生間/廁所

toilet bowl馬桶 inidoro	mirror鏡 salamin	bath tub 浴缸	shower stall企缸	牆磚 pader/dingding	sink洗手盆lababo
tissue roll廁紙卷	tissue box廁紙盒	bathing towel浴巾	facial towel 面巾 tuwalyang pangmukha		towel 毛巾tuwalya
clean(verb)清潔 linisin	clean(adjective)清 潔malinis				

baby/toddler care 嬰兒/幼童護理

bath 沐浴 paliguan	wash洗hugasan	rinse過水	feed餵pakainin	burp掃風	carry抱buhatin	put放ilagay
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diaper尿片 lampin	cotton wool balls 棉花球	gauze 紗布	panyo 紗巾	high chair 高腳椅	stroller/pram 嬰兒推車	crib嬰兒床
bib口水肩	cotton pad 棉花塊 bulak	sterilizers 消毒煲	cold boiled water 涼開水	brush刷	milk bottle(s)奶樽 inuman ng gatas	pacifier奶咀
	jumper連身衣		baby robe和尚袍 roba ng bata			
water水 tubig	juice果汁	congee粥 lugaw	Rice cereal米糊	爛飯 soft rice malambot na kanin	rice飯bigas	

Miscellaneous雜項

Water澆水 tubig/ diligan	the plant 植物 ang halaman	electrical 用電的 de-koryente	curtain(window) 窗簾 kurtina	curtain(shower) 浴簾	shoes鞋 sapatos	boots靴子
injection/injec t注射 turok	insulin 胰島 素	humidifier 抽濕機	heater 暖爐 pampainit			