

**GOC CARE**



**Greek-English  
Pronunciation  
Food and Drink  
Guide**



## Greek-English Pronunciation Guide for Food

This booklet contains images, phrases and words that aim to improve communication between you (worker/ professional/ service provider) and your Greek speaking clients/ patients/service users. Words and phrases are translated in Greek and English and as well, a phonetic translation is provided.

A pronunciation guide is provided below to ensure that words and phrases are pronounced as accurately as possible.

### Pronunciation of vowels and consonants Eng Grk Sound

- h (X,χ): pronounced as in Hue
- r (P,ρ): are rolled
- TH (Δ,δ): pronounced as in **The** (louder and vibrates tongue)
- th** as in **bath** (softer sound)
- o (O,ο): pronounced as in g**O**t
- ou (ου): pronounced as in I**OO**k
- a (A,α): pronounced as in f**A**st
- ei pronounced as in **Eat**
- e (E,ε): pronounced as in m**E**t
- i (I,ι): pronounced as in s**EE**
- y (Γ,γ): pronounced as in **Yes**
- ch** pronounced as in **check**

Letters in **bold and underlined**, especially vowels sounds, are emphasised.  
Eg: av-yo (egg)

Bread	ψωμί	Pso- <u>mee</u>	
Milk	γάλα	Ga- <u>la</u>	
Cheese	τυρί	Dee- <u>ree</u>	
Butter	βούτυρο	V <u>ou</u> -teero	
Egg	Αυγό	Av- <u>yo</u>	
Scrambled Eggs	Στραπατσάδα	stra-pat- <u>sa</u> -THa	
Fried egg	Τηγανιτό Αυγό	Ti-ya-nee- <u>to</u> Av- <u>yo</u>	
Soft boiled egg	Αυγό Μελάτο	Av- <u>yo</u> Me- <u>la</u> -to	
Hard boiled egg	Αυγό Βραστό	Av- <u>yo</u> Vra- <u>sto</u>	

Meat	κρέας	Kre <u>u</u> s	
Lamb	Αρνί	A-rn <u>ee</u>	
Beef	Μοσχάρι	Mos-h <u>a</u> -ree	
Steak	Μπριζόλα	M-bree- <u>z</u> ola	
Pork	Χοιρινό	Hee-ree- <u>no</u>	
Chicken	Κότα	K <u>o</u> ta	
Roast	ψητό	Psi- <u>to</u>	
Fish	Ψάρι	Psa <u>a</u> -ree	
Seafood	Θαλασσινά	tha-la-see- <u>na</u>	

Vegetables	Λαχανικά	La-ha- nee-ka	
Salad	Σαλάτα	Sa-la-ta	
Fruit	Φρούτα	Frou-ta	
Rice	Ρύζι	Ree-zee	
Spaghetti/Pasta	Μακαρονάδα	Ma-ka- ro-na- THa	
Desserts/ Sweets	Γλυκά	Ylee-ka	
Biscuits	Μπισκότο	M-bee- sko-to	
Fruit preserves (or spoon sweet)	Γλυκό	Ylee-ko	
Water	νερό	Ne-ro	

Juice	Χυμός	Hee-m <u>os</u>	
Coffee	Καφέ	Ka-f <u>e</u>	
Tea	Τσάι	Ts <u>a</u> -ee	
Chamomile Tea	Χαμομήλι	Ha-mo- <u>mee</u> -lee	
Ironwort Tea(or Greek Mountain Tea) <small>most popular Greek tea</small>	Τσάι του βουνού	Ts <u>a</u> -ee <u>tu</u> Vou- <u>nu</u>	
Hot cocoa/chocolate	ζεστή σοκολάτα or κακάο	Zes- <u>tee</u> So-ko- <u>la</u> -ta or Ka- <u>ka</u> o	
Wine	Κρασί	Kra- <u>see</u>	
Soft Drink	Ποτό	Mpo- <u>to</u>	
Beer	μπύρα	M <u>bee</u> -ra	

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