

UNIT 5

LANGUAGE AND CULTURE WORKSHEET

We speak many languages in Grifols! Our headquarters are located in Barcelona, a beautiful city on the coast of the Mediterranean Sea, located in Spain. In this country we speak mostly Spanish, a Romance language as is, for example, the French language.



On the internet you'll find websites where you can learn the basics of this language. Here are some examples for you to practice:

ENGLISH - SPANISH

Welcome = Bienvenido

Hello = Hola

How are you? = ¿Cómo estás?

What's your name? = ¿Cómo te llamas? / ¿Cuál es tu nombre?

My name is ... = Me llamo... / Mi nombre es...

Where are you from? = ¿De dónde eres?

Good morning = Buenos días

Good afternoon = Buenas tardes

Good evening/night = Buenas noches



Also, Spain is well known for its "Mediterranean diet," which is based on fruits and vegetables in season, olive oil, fish and meat.

This diet is great for all people's health in general, but especially for plasma donors, since it is low in saturated fat and high in fiber and proteins.

