

Bilingual Phrase Cards

Tagalog/English

Version 2023 4up



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Kumusta/Paalam.

Hello/Goodbye.

koo-moos-tah/paa-ah-laam.

Tagalog

Maligayang pagdating.

Welcome.

maa-lee-gaa-yaang paag-daa-teeng.

Tagalog

Magandang umaga.

Good morning.

maa-gaan-daang oo-maa-gah.

Tagalog

Magandang hapon.

Good afternoon.

maa-gaan-daang haa-pon.

Tagalog



Maligayang Kaarawan!

Happy Birthday!

maa-lee-gaa-yaang kaa-aa-raa-waan!

Tagalog

Maligayang Anibersaryo!

Happy Anniversary!

maa-lee-gaa-yaang aa-nee-ber-saar-yo!

Tagalog

Maligayang Pasko!

Merry Christmas!

ma-lee-gaa-yaang paas-ko!

Tagalog

Manigong Bagong Taon!

Happy New Year!

maa-nee-gong baa-gongtaa-on!

Tagalog



Maraming salamat.

Thank you so much.

maa-raa-meeng saa-laa-maat.

Tagalog

Walang anuman.

You're welcome.

waa-laang aa-noo-maan.

Tagalog

Ako si...
Ako ang mag-aalaga
sa iyo ngayon.

My name is...
I will be caring for you today.

aa-ko see...
aa-ko aang maag-aa-aa-laa-gah sah ee-yo ngaa-yon.

Tagalog

Pasensya na sa abala.

Sorry for disturbing you.

paa-sen-syaa naa saa aa-baa-lah.

Tagalog

Pasensya na/Paumanhin.

I am sorry.

paa-sen-syaa naa/Paa-oo-maan-heen.

Tagalog

Kumusta?

How are you?

koo-moos-tah?

Tagalog

Kumusta ang pakiramdam
mo ngayon?

How are you feeling today?

koo-moos-tah aang paa-kee-raam-daam mo ngaa-yon?

Tagalog



Sige,
Magsimula na tayo!

Come on dear,
Let's get started!

see-ge,
maag-see-moo-lah naa taa-yo!

Tagalog

Gusto ko sanang
tulungan mo ako.

I would love you to help me.

goos-to ko saa-naang too-loo-ngaang mo aa-ko.

Tagalog

Pwede mo ba
akong tulungan?

Can you help me, please?

pwe-de mo bah aa-kong too-loo-ngaang?

Tagalog

Tutulungan kita.

I will help you.

to-too-loo-ngaang kee-tah.

Tagalog



Gusto mo bang maligo?

Would you like to have a shower?

goos-to mo baang maa-lee-go?

Tagalog

Anong gusto mong isuot?

What would you like to wear?

aa-nong goos-to mong ee-soo-ot?

Tagalog

Heto ang sabon.

Here is the soap.

he-to aang saa-bon.

Tagalog

Hipuin mo ang tubig.

Touch the water.

hee-poo-een mo aang too-beeg.

Tagalog



Mainit ba o malamig
ang tubig?

Is the water hot or cold?

maa-ee-neet bah o maa-laa-meeg aang too-beeg?

Tagalog

Tapos na ang paliligo.

Showering is finished.

taa-pos nah aang paa-lee-lee-go.

Tagalog

Pupunasan ko ang
katawan mo.

Let me dry your body.

poo-poo-naa-saan ko aang kaa-taa-waan mo.

Tagalog

Bibihisan kita.

Let me help you get dressed.

bee-bee-hee-saan kee-tah.

Tagalog



Tapos na.
Ang ganda mo na!

Done.
Now you look great!

taa-pos nah.
aang gaan-dah mo nah!

Tagalog

Handa ka na ba?

Are you ready?

haan-dah kah nah bah?

Tagalog

Kailangan mo bang
magkubeta?

Do you need the toilet?

kaa-ee-laa-ngaang mo baang maag-koo-be-taah?

Tagalog

Sasamahan kita sa
hapag kainan.

I will walk with you to the dining room.

saa-saa-maa-haan kee-tah saa haa-paag kaa-ee-naang.

Tagalog



Maupo po tayo sa silya.

Let's sit down on the chair, please.

maa-oo-po po taa-yo saa seel-yah.

Tagalog

Pupunta tayo sa
kuwarto mo.

We are going to your room.

poo-poon-taa taa-yo saa koo-waar-to mo.

Tagalog

Pupunta tayo sa kubeta.

We are going to the toilet.

poo-poon-taa taa-yo saa koo-be-taah.

Tagalog

Ito ang kubeta mo.

This is your toilet.

ee-to aang koo-be-taah mo.

Tagalog



Ito ang banyo mo.

This is your bathroom.

ee-to aang baan-yo mo.

Tagalog

Ito ang kuwarto mo.

This is your room.

ee-to aang koo-waar-to mo.

Tagalog

Papalitan ko ang damit mo.

Let me change your clothes.

paa-paa-lee-taan ko aang daa-meet mo.

Tagalog

Matulog ka na.

Please go to sleep.

maa-too-log kaa nah.

Tagalog

Magandang gabi.

Good night.

maa-gaan-daang gaa-bee.

Tagalog



Almusal na.

It is breakfast time.

aal-moo-saal nah.

Tagalog

Meryenda na.

It is time for morning/afternoon tea.

mer-yen-dah nah.

Tagalog

Tanghalian na.

It is lunch time.

taang-haa-lee-aan nah.

Tagalog

Hapunan na.

It is dinner time.

haa-poo- naan nah.

Tagalog



Gusto mo ba ng sabaw?

Do you want soup?

goos-to mo bah naang saa-baaw?

Tagalog

Gusto mo ba ng ulam?

Do you want the main course?

goos-to mo bah naang oo-laam?

Tagalog

Gusto mo ba ng
pangmatamis?

Do you want dessert?

goos-to mo bah naang paang-maa-taa-mees?

Tagalog

Gusto mo ba ng tsaa o kape?

Do you want tea or coffee?

goos-to mo bah naang chaa-ah o kaa-pe?

Tagalog



Gusto mo ba ng tinapay?

Do you want bread?

goos-to mo bah naang tee-naa-paay?

Tagalog

Gusto mo ba ng kanin?

Do you want rice?

goos-to mo bah naang kaa-neen?

Tagalog

Gusto mo ba ng patatas?

Do you want potatoes?

goos-to mo bah naang paa-taa-taas?

Tagalog

Gusto mo ba ng pasta?

Do you want pasta?

goos-to mo bah naang paas-tah?

Tagalog



Gusto mo ba ng saging?

Do you want a banana?

goos-to mo bah naang saa-geeng?

Tagalog

Gusto mo ba ng asukal?

Do you want sugar?

goos-to mo bah naang aa-soo-kaal?

Tagalog

Gusto mo ba ng manok?

Do you want chicken?

goos-to mo bah naang maa-nok?

Tagalog

Gusto mo ba ng isda?

Do you want fish?

goos-to mo bah naang ees-dah?

Tagalog



Gusto mo ba ng tupa?

Do you want lamb?

goos-to mo bah naang too-pah?

Tagalog

Gusto mo ba ng baka?

Do you want beef?

goos-to mo bah naang baa-kah?

Tagalog

Gusto mo ba ng juice?

Do you want juice?

goos-to mo bah naang joos?

Tagalog

Gusto mo ba ng asin?

Do you want salt?

goos-to mo bah naang aa-seen?

Tagalog



Gusto mo ba ng salad?

Do you want salad?

goos-to mo bah naang saa-laad?

Tagalog

Gusto mo ba ng gulay?

Do you want vegetables?

goos-to mo bah naang goo-laay?

Tagalog

Gusto mo ba ng tubig?

Do you want water?

goos-to mo bah naang too-beeg?

Tagalog

Masarap ba ang pagkain?

Is the meal nice?

maa-saa-raap bah aang paag-kaa-een?

Tagalog



Masyado bang mainit?

Is it too hot?

maas-yaa-do baang maa-ee-neet?

Tagalog

Masyado bang malamig?

Is it too cold?

maas-yaa-do baang maa-laa-meeg?

Tagalog

Masarap ba?

Is it good?

maa-saa-raap bah?

Tagalog

Gusto mo pa ba ng sabaw?

Do you want more soup?

goos-to mo pah bah naang saa-baaw?

Tagalog



Gusto mo pa ba ng prutas?

Do you want more fruit?

goos-to mo pah bah naang proo-taas?

Tagalog

Gutom ka na ba?

Are you hungry?

goo-tom kah nah bah?

Tagalog

Nabusog ka ba?

Have you eaten enough?

naa-boo-sog kah bah?

Tagalog

Tapos ka na ba?

Have you finished?

taa-pos kah nah bah?

Tagalog

Nauuhaw ka ba?

Are you thirsty?

naa-oo-oo-haaw kah bah?

Tagalog

Kumain kayo.

Please eat.

koo-maa-een kaa-yo.

Tagalog



Bakit parang malungkot ka?

Why do you look sad?

baa-keet paa-raang maa-loong-kot kah?

Tagalog

Ano'ng ipinag-aalala mo?

What is worrying you?

aa-nong ee-pee-naag-aa-aa-laa-lah mo?

Tagalog

Masama ang loob mo.
Gusto mo bang sabihin
sa akin kung bakit?
Kung komportable ka lang.

You're upset.
Would you like to tell me why?
Only if you're comfortable.

maa-saa-mah aang lo-ob mo?
goos-to mo baang saa-bee-heen sah aa-keen koong baa-keet?
koong kom-por-taab-le kah laang.

Tagalog

Galit ka.
Gusto mo bang sabihin
sa akin kung bakit?
Kung komportable ka lang.

You're angry.
Would you like to tell me why?
Only if you're comfortable.

gaa-leet kah.
goos-to mo baang saa-bee-heen sah aa-keen koong baa-keet?
koong kom-por-taab-le kah laang.

Tagalog



Huwag ka nang umiyak.
Maaayos din ang lahat.

Please don't cry.
Everything will be fine.

hoo-waag kah naang oo-mee-yaak.
maa-aa-aa-yos deen aang laa-haat.

Tagalog

Pwede ba kitang makausap?

Can I talk to you, please?

pwe-de bah kee-taang maa-kaa-oo-saap?

Tagalog

Kailangan kitang makausap?

I need to talk to you, please.

kaa-ee-laa-ngaang kee-taang maa-kaa-oo-saap.

Tagalog

Kailangan mo ba ng tulong?

Do you need help?

kaa-ee-laa-ngaang mo bah naang too-long?

Tagalog



Nandito ako para
tulungan ka.

I am here to help you.

naan-dee-to aa-ko paa-rah too-loo-nga-an kah.

Tagalog

Anong maipaglilingkod ko?

What can I do for you?

aa-nong maa-ee-paag-lee-leeng-kod ko?

Tagalog



Nakakalakad ka ba?

Can you walk?

naa-kaa-kaa-laa-kaad kah bah?

Tagalog

Nakita ko na parang
nahihirapan kang maglakad.
Tutulungan kita.

I can see that you're
finding it hard to walk.
Let me help you.

Naa-kee-tah ko nah paa-raang naa-hehe-hee-raa-paan
kaang maag-laa-kaad.
too-too-loo-ngaang kee-tah.

Tagalog

Sabihin mo sa akin kung
ano ang problema.

Tell me what's wrong.

saa-bee-heen mo sah aa-keen koong aa-no aang prob-le-mah.

Tagalog

Ay naku, anong nangyari?

Oh my goodness,
what happened?

aay naa-koo, aa-nong naang-yaa-ree?

Tagalog



Siya ang nars.

This is the nurse.

syaah aang naars.

Tagalog

Siya ang doktor.

This is the doctor.

syaah aang dok-tor.

Tagalog

Nandito ang nars para
tulungan ka.

The nurse is here to help you.

naan-dee-to aang naars paa-rah too-loo-ngaah kah.

Tagalog

Nandito ang doktor para
tulungan ka.

The doctor is here to help you.

naan-dee-to aang dok-tor paa-rah too-loo-ngaah kah.

Tagalog



Gusto kang masuri
ng doktor.

The doctor would like to examine you.

goos-to kaang maa-soo-ree naang dok-tor.

Tagalog

Pakibuka mo ang bibig mo.

Open your mouth, please.

paa-kee-boo-kah mo aang bee-beeg mo.

Tagalog

Huminga nang pailalim
at palabas.

Breathe in and out.

hoo-mee-ngaa naang paa-ee-laa-leem aat paa-laa-baas.

Tagalog

Nasaan ang sumasakit?
Nasaan ang masakit?

Where does it hurt?
Where is the pain?

naa-saa-aan aang soo-maa-saa-keet?
naa-saa-aan aang maa-saa-keet?

Tagalog



Nangangati ba?

Does it feel itchy?

naa-ngaa-ngaa-tee bah?

Tagalog

Masakit ba ang ulo mo?

Do you have a headache?

maa-saa-keet bah aang oo-lo mo?

Tagalog

Masakit ba ang tiyan mo?

Do you have stomach pain?

maa-saa-keet bah aang chaan mo?

Tagalog

Nahihilo ka ba?

Do you feel dizzy?

naa-hee-hee-lo kah bah?

Tagalog



Nakakahinga ka ba?

Can you breathe?

naa-kaa-kaa-hee-ngaa kah ba?

Tagalog

Nagsuka ka ba?

Have you vomited?

naag-soo-kah kah bah?

Tagalog

Masama ba ang
pakiramdam mo?

Do you feel sick?

maa-saa-mah bah aang paa-kee-raam-daam mo?

Tagalog

Nasusuka ka ba?

Do you feel like
you need to vomit?

naa-soo-soo-kah kah bah?

Tagalog



Masakit ba ang likod mo?

Does your back hurt?

maa-saa-keet bah aang lee-kod mo?

Tagalog

Masakit ba ang
balakang mo?

Does your hip hurt?

maa-saa-keet bah aang baa-laa-kaang mo?

Tagalog

Hindi ka ba komportable?

Are you uncomfortable?

heen-dee kah bah kom-por-taab-le?

Tagalog



Pwede ka bang maupo?

Can you sit down, please?

pwe-de kah baang maa-oo-po?

Tagalog

Tinitibi ka ba?

Are you constipated?

tee-nee-tee-bee kah bah?

Tagalog

Naiinitan ka ba?

Are you hot?

naa-ee-ee-nee-taan kah bah?

Tagalog

Nilalamig ka ba?

Are you cold?

nee-laa-laa-meeg kah bah?

Tagalog



Lunes

Monday

loo-nés

Tagalog

Martes

Tuesday

maar-tes

Tagalog

Miyerkules

Wednesday

mee-yer-koo-les

Tagalog

Huwebes

Thursday

hu-we-bes

Tagalog



Biyernes

Friday

bee-yer-nes

Tagalog

Sabado

Saturday

saa-baa-do

Tagalog

Linggo

Sunday

leeng-go

Tagalog

Enero

January

e-ne-ro

Tagalog

Pebrero

February

peb-re-ro

Tagalog

Marso

March

maar-so

Tagalog

Abril

April

aab-reel

Tagalog

Mayo

May

maa-yo

Tagalog

Hunyo

June

hoon-yo

Tagalog

Hulyo

July

hool-yo

Tagalog

Agosto

August

aa-gos-to

Tagalog

Septyembre

September

set-yem-bre

Tagalog



Oktubre

October

ok-toob-re

Tagalog

Nobyembre

November

nob-yem-bre

Tagalog

Disyembre

December

dees-yem-bre

Tagalog

Taon

Year

taa-on

Tagalog



Gusto mo ba ng bulaklak?

Do you like flowers?

goos-to mo bah naang boo-laak-laak?

Tagalog

Gusto mo ba ng prutas?

Do you like fruit?

goos-to mo bah naang proo-taas?

Tagalog

Gusto mo bang manood
ng mga bidyo?

Do you like watching videos?

goos-to mo baang maa-no-od naang ma-ngaa beed-yo?

Tagalog

Anong gusto mong
gawin ngayon?

What would you like to do now?

aa-nong goos-to mong gaa-ween ngaa-yon?

Tagalog



Anong mga libro ang
binabasa mo?

What books do you read?

aa-nong maa-ngaa leeb-ro aang bee-naa-baa-sah mo ngaa-yon?

Tagalog

Kahanga-hanga!

How adorable!

kaa-haa-ngah-haa-ngah!

Tagalog

Malamig ba sa kuwarto mo?

Is it cold in your room?

maa-laa-meeg bah sah koo-waar-to mo?

Tagalog

Gusto mo bang tawagan ko
ang pamilya mo?

Do you want me to contact
your family?

goos-to mo baang taa-waa-gaan ko aang paa-meel-yah mo?

Tagalog

Kailangan mo ba ng mga
malinis na damit?

Do you need fresh clothes?

kaa-ee-laa-nga-an mo bah naang maa-lee-nees naa daa-meet?

Tagalog

Nakakapag-ehersisyo ka ba
nang walang masakit?

Can you exercise without pain?

naa-kaa-kaa-paag-e-her-sees-yo kah bah naang waa-laang maa-saa-keet?

Tagalog

Kailan mo gustong makita
ang pamilya mo?

When do you want to see your family?

kaa-ee-laan mo goos-tong maa-kee-tah aang paa-meel-yah mo?

Tagalog

Gusto mo bang
magpatingin sa doktor?

Do you want to see the doctor?

goos-to mo baang maag-paa-tee-ngeen sah dok-tor?

Tagalog



Gusto mo bang
magpagupit?

Do you want to see the hairdresser?

goos-to mo baang maag-paa-goo-peat?

Tagalog

Gusto mo bang
magpatingin sa podiatrist?

Do you want to see the podiatrist?

goos-to mo baang maag-paa-tee-ngeen sah po-daa-yaa-trees?

Tagalog

Gusto mo bang sumama
sa aktibidad namin?

Do you want to join our activity?

goos-to mo baang soo-maa-mah sah aak-tee-bee-daad naa-meen?

Tagalog

Gusto mo bang pumunta
sa hapag-kainan?

Do you want to come
to the dining room?

goos-to mo baang poo-moon-tah sah haa-paag-kaa-ee-naan?

Tagalog



Gusto mo bang kumain
sa kuwarto mo?

Do you want to eat in your room?

goos-to mo baang koo-maa-een sah koo-waar-to mo?

Tagalog

Sa umaga ang paliligo.

The shower is in the morning.

sah oo-maa-gah aang paa-lee-lee-go.

Tagalog