

Numbers and time		hour	ghanta	I don't eat meat	ma maasu khaana
0	sunya	day	din	Don't use salt/MSG	nun/ajinomoto nahalnu
1	ek	month	mahila	Egg	pul / andhaa
2	dui	year	bursa	Bread	roti
3	tin	Food and buying		Toast	sekeko roti
4	chha(r)	How much is that?	Yesko kati ho? / Esko kati paisa?	Rice	bhaat
5	panch	Is, have	Chha	Millet	kohdoh
6	cho	I don't need	malai chhahidaina	Millet flour	kohdohko pito
7	sat	Can I pay less?	Chud dina hunchha?	Cooked millet	diro
8	at	Expensive	mahango	Millet pancake	kohdohko roti
9	nau	Cheap	sosto	Buckwheat	papad
10	das	Fresh	taja / suddha	Wheat	gaung
11	ekara	Good	ramro	Corn meal	makaiko pito
12	barah	Not good	naramro	Yoghurt/ curd	dye / dahi
13	terah	Boiled water	umeleko pani	Fermented milk	mye / mahi
14	chaudha	Drinking water	khane pani	Tamarillo	bentah/golbheda
15	pandhra	Cold	chiso	Chili	korsanee
16	sorah	Hot	tato	Garlic	lasun
17	satra	Tea	chea	Onion	pyaz
18	ataara	Black tea	khalu chea	Butter	makkan
19	unnais	Fresh milk	taja dudh	Peanut	badaam
20	bis	Powdered milk	dudh powder	Corn / maize	makai
21	ekbis	Buffalo milk	boisigau dudh	Potato	alu
25	patchis	Enough	pugyo	Cabbage	bandaa kopi
30	tis	More, again	ako	Cauliflower	caauli
40	chalis	That's all, finished	byo	Carrot	gaajar
50	patchas	Finished	sidyo	Beans	simi
60	sati	Enough, full	budhiwal	Soybean	bhatmas
70	satari	Just a little	ali ali	Sugar	chinee
80	asshi	Delicious, tasty	meetho chha	Cooking oil	tel
90	naubbe	Very delicious	dherai meetho (chha)	Salt	nun
100	eksay	Knife	chakko	Apple	sial
1000	ek hajaar	Fork	kaata	Pear	naaspati
100,000	ek lakh	Spoon	chamchaa	Banana	keraa
First	pahilo	Chopsticks	kaptera	Mango	aap
Second	dosta	Plate	thal	Lime	kagati
Yesterday	hijo	Cup and saucer	cup ra plate	Orange / mandarin	suntala
Today	aja	Bowl	kachaura	Choko	iskus
Tomorrow	bholi	Glass	geelas	Tomato	goalbheda
Now	ailli	Food		Strawberry	bhui aaiselu
4 o'clock	chaar baji	Fruits		Raspberry	aaiselu
past hour	bajyera (8:10 8 bajyera 10 minute)	Vegetable		Cucumber	kankro
before hour	bajna (6:48 6 bajna 12 minute)	Broccoli		Grapefruit	bhokate
quarter past	sabaa (eg 6:15 sabaa 6)	I can't eat broccoli		Plum	aarubokhadaa
half past	saudhey (eg 9.30 saudhey 9)			Fish	macchaa
quarter to	pauney (eg 3.45 pauney 4)			Grape	anggur
				Mushroom	cheow

Trekking		Social			
Hello (for attention)	O diddy (♀) dai (♂)	Excuse me	hajur	Aeroplane	bimaan
Help!	Madat garnoos!	Yes/is	ho hajur	Ship	jahhaaj
Where	Kahaan(g)	No/isn't	hoina hajur	Train	rail
When	Kahile	Sorry	maaf garnaas	Beach	samundra kinaar
Where is the village?	Gaon kata chha?	OK	tik chha	Man/woman	baju/baje
Slow	bistari	Maybe	hola		
Fast	chito	Doesn't matter	somashya chainna	Red	raato
Easy	sajilo	It's nothing	kayhi chainna	Green	hariyo
Slippery	chiplo	I'm well	sanchai chha	Light blue	halkaa neelo
Long	lamo	How are you	hajur lai kosti chha	Dark blue	gaadhaa neelo
Short	choto	I understand	ma/ maile bujhchu	Yellow	pahelo
Half	adha	I don't understand	ma bujina	Orange	suntala rang
3 hours	tin ghanta	I don't know	malai taha chainna	Brown	khairo
Uphill, steep	ukalo	Please speak slowly	kripaya bistari bolnus	Purple	baijani
Downhill	oralo	My	mero	Black	kaalo
Straight	siddha	You	tapai	Grey	krarani rang
Left	baya	This	yo	White	seto
Right	daya	What is this?	Yo ke ho?	Pink	gulaafy
Level	samma / disu	Why?	kina?		
Is this the path to B?	yo bhatto B jaane?	What?	ke?	Arm	pakhura
Which track for C?	kun bhatto C jaane?	Foreigner	bedeschi	Hand	haat
Village	gau / gao(n)	My husband	mero logne	Finger	aula
Danger	khatara	My wife	mero swasni/ mero srimati	Thumb	budhi aula
Key	chabe / saachoharu	My son	mero chora	Wrist	naadi
India	Bharat	Daughter-in-law	buhaari	Elbow	kuhina
China	Chin	Grandson	nati	Face	tauko
Can I sleep here?	Yaha sutna	Granddaughter	natini	Hair	kapal
	pouchha?	Family	perihar	Nose	naak
Can I eat here?	Yaha khane kura	Strong	baliyo	Eye	aa(n)kha
	pouchha?	Already	agine	Ear	kaan
Have you got X?	Tapai sita X chha?	Eight times already	aat soti agine	Cheek	gaalaa
Ladies toilet	mahila sauchalay	Every day	harek din	Mouth	muckh
Gents toilet	purush sauchalay	Enough already!	kaha huncha!	Throat	gardhan
Where is the X (object)?	X (haru) kaha	Good morning	subha prabhat/bien	Leg	khuttaa
chha(n)?		Good afternoon	subha deen	Foot	godaa
Passport	rahadhani	Good evening	subha sandhya	Ankle	goligaathaa
Bed	khaat	Good night	subha ratri	Knee	ghudan
House	ghar	Sweet dreams	meetho sepana		
Bathroom	snaangriha	Goodbye	beeda dinus		
Where can I buy a ticket?	Ma tiket kaha kinna	I feel happy	malai lagyo khusi		
sakchhu?		It's enjoyable	ramailo chha		
Beautiful	sundar	Please	kripaya		
Tree	rukh	Thank you	dhanyabaad		
Rocky road	khairo dunga				
				300 words of NEPALI	