

# Anglicisms in Spanish gastronomy: New words for new eating habits

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**Resum. Anglicismes en la gastronomía española: Nuevas palabras para nuevos hábitos alimentarios.** La tendencia creixent a l'hora de desenvolupar autoconsciència respecte al consum de menjar i d'estil de vida saludable, ha fet que incrementi la presència d'anglicismes que designen nous conceptes. És ben conegut que l'anglès ha guanyat una posició preeminent, a causa del seu paper internacional en la comunicació i als valors positius com el prestigi o la modernitat, que van associats a aquesta llengua. Aquest estudi explora el creixement de l'ús de terminologia i del lèxic anglès en la premsa digital espanyola. També examina la inclusió de mostres de vocabulari alimentari en les fonts lexicogràfiques. Finalment, el grau de coneixement i d'ús d'aquests termes del lèxic anglès és estudiat en unes enquestes fetes a partir d'una mostra de 130 estudiants de diferents universitats espanyoles. Trobem que els manlleus anglesos estan força estesos entre la joventut, però molts d'aquests anglicismes són més coneguts que utilitzats pels mateixos participants de l'estudi. En conclusió, inevitablement l'anglès està guanyant terreny a altres llengües estrangeres tradicionalment associades al menjar i la gastronomia, com és el cas del francès.

**Paraules clau:** *menjar, llengua, cultura, anglicismes, espanyol.*

**Abstract. Anglicisms in Spanish gastronomy: New words for new eating habits.** The growing tendency to develop a self-awareness about the need to consume healthier food and have healthier habits of life has increased the presence of anglicisms that designate new concepts. It is well known that English has gained a prominent position, due to its role of international means of communication and due to the positive values such as prestige and modernity associated with this language. This study explores the growing use of English lexical items by Spanish online press. It

also examines the inclusion of a sample of food-related terms in Spanish reputable lexicography sources. Finally, the degree of knowledge and use of these English lexical items is examined by administering a survey to a sample of 130 Spanish university students. Findings suggest that English borrowings are quite extended among youngsters, but many of these anglicisms are more known than used by participants. To conclude, English is inevitably gaining ground to other foreign languages, traditionally associated with food and gastronomy, such as French.

**Key words:** *food, language, culture, anglicisms, Spanish.*

## 1. Introduction

As a result of globalization, the omnipresence of the Anglo-American culture, and the unlimited power of the mass media (cinema, television, press) and the social media (Internet websites, forums, blogs, among others), have produced that a number of habits and actions that take place in our daily lives are repeated in the most remote countries of our planet. This means that Anglo-American culture and values are gradually spreading out on other cultures. The language that has assumed the role of *lingua franca* (Jenkins, 2007) or vehicle of international communication is unquestionably English. This prominence of English has allowed that values such as fashion and prestige to be associated with this language.

The field of gastronomy and food is not an exception. We all have observed throughout the last decades, in Spain and, by extension, in most of the developed and developing countries, that the consumption of fast food has extended. Restaurants such as McDonalds and Burger King, to mention a couple, are present in every single city of this planet. However, as a reaction to this kind of fast and junk food, which is quite inexpensive, but also unhealthy, a new awareness about the necessity to consume healthier food and have healthier habits seems to have spread among an important part of the population. Stajcic (2013, p. 5) asserts:

Over the past few decades, we have witnessed a rise in food-focused media and culture. A 'food explosion' surrounds us everywhere we look, from TV shows such as 24 Kitchen, Kitchen Confidential, Floyd On, and Jamie Oliver to organic products, healthy diet magazines and food festivals. There is an increased awareness of food's significance within contemporary society and culture, and therefore there is a need to explore it.

This fact is not only taking place in Spain, but in a number of Western European countries, such as the UK, France, Germany, Italy and Portugal, among others. Different kinds of establishments and supermarkets that sell bio and ecological fruits and vegetables along with other bio products such as cereals, pasta, biscuits, sauces, etc. have emerged

and are gaining more and more customers who, obviously, are concerned about the consumption of this kind of food. Even, big brands such as Carrefour, Alcampo, Tesco or Spar have specific sections that offer this kind of ecological food.

In line with this tendency, a new concept of food consumption has also emerged: *Real fooding*. This trend is based on the ingestion of meals that are unprocessed or minimally processed, in other words, eating the most natural possible food, without additives, preservatives, and any chemical component that could vary or modify the nature of the food you are consuming. Carlos Ríos, a young Spanish nutritionist, is the creator of this new movement that advocates for helping people to have a healthier diet, as he states on his own website (<https://realfooding.com/>). He asserts that his team works with a mission: combining the best ingredients with leading technology to offer the best version of the products that you like the most. It is noteworthy that in spite of the fact that this movement is founded by a Spanish nutritionist, its name is in English. This applies not only to the movement: *real fooding*, but also to the people who decide to put it into practice: *real fooders*.

Food is unquestionably linked with culture and culture is inevitably tied to language. According to Faber and Vidal Claramonte (2017, pp. 175-176):

food is a vehicle for transmitting culture. People from different cultural backgrounds eat different foods. Both the geographic and temporal contexts in which families live evidently influence food likes and dislikes. These food preferences result in patterns of food choices within a cultural or regional group [...] These foods (and the terms that designate them) are part of our life experience. They reflect not only who we are, but also what we become.

In addition, other sociocultural factors such as migration have also contributed to the incorporation of new dishes and diets in different cultures. In this sense, Bou (2020, p. 681) has highlighted “the modification of eating habits in Spain, a key aspect of everyday life, through the presence of a substantial migration movement that started in the 1990s, and the intervention of migrant workers into the food economy, particularly in rural areas with heavy agriculture development.” Thus, it should not be weird to see anglicisms that penetrate Spanish in order to name these new eating habits.

Traditionally, French has been the language that has designated a number of concepts related to high and fine gastronomy. Borrowings such as *chef*, *sommelier*, *batonnet*, *chiffonade*, *allumet* or *bistro* have been part of the vocabulary of anyone familiar with the domains of gastronomy and cooking. However, English seems to be proliferating in this area, like in many others such as fashion (Balteiro & Campos, 2012; Luján-García, 2017a); sports (Rodríguez González, 2012; Rodríguez-Medina, 2021); Information Technology (IT) (Luján-García, 2017b); advertising (García, González, Luján & Rodríguez, 2016); and even more controversial domains such as sex and eroticism (Crespo-Fernández & Luján-García, 2018; Crespo Fernández, 2021). English has,

therefore, become the international means of communication in every single area of our daily life, and the field of gastronomy and cooking is not an exception.

Although various pieces of research have dealt with the presence of anglicisms in the domain of gastronomy and food in Spanish, none of them have addressed this topic considering the ‘avalanche’ of terms that is currently coming into Spanish to designate new concepts or to give a new name to concepts that already exist in this field. In 2008, for example, Janíčková reported on the presence of foreign words in the Spanish field of gastronomy. She found 253 borrowings, out of which 67 terms had a French origin and 45 were Anglicisms. The rest of her corpus compiled loanwords of Italian, Latin, and German, among other languages. Ogresta (2020) has also examined a number of foreign borrowings in the domain of food and gastronomy in Spanish. A recent piece of research has also addressed the topic of anglicisms in this sphere in Spanish (Luján-García, 2021). This analysis deals with terms that have remained in this language for a long time, such as hamburger and sandwich, among others. Núñez Nogueroles (2017), after having examined CREA, found a total of 114 anglicisms in different fields, being one of them the area of gastronomy.

## 2. Objectives

This piece of research aims at offering updated data about the increasing incorporation of a number of anglicisms that designate new habits related to food and drinks in Spanish.

With that aim, the following specific research questions are posed:

- Which anglicisms have been introduced in Spanish in the field of healthy food?
- When were these borrowings first attested in Spanish?
- Which lexicography sources include these English lexical items in Spanish?
- Do young people really know and use these terms in their daily life?
- What are the reasons behind the use of these anglicisms in this field?

## 3. Method

Firstly, a list with a total of 20 anglicisms related to the field of gastronomy was created. For the elaboration of this list, a number of websites<sup>1</sup> and the leisure section of some Spanish newspapers,<sup>2</sup> which dealt with food and gastronomy were consulted. These sources are all online and deal with topics related to gastronomy. The criterion to choose these terms was that they were used in Spanish contexts, and that they reflected “new” practices and tendencies within the

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1. The websites that were consulted were: Fundéu BBVA, Metrópoli, Bonviveur.es, directoralpaladar.es, and vitamexdeoccidente.com.

2. The online editions of the newspapers examined were: ElMundo, ElPaís, ElDiario.es, LaVanguardia and 20minutos. An example was also excerpted from the magazine El País Semanal.

field of gastronomy. Most of the terms contain the word *food* (14 of them) or *cooking* (4 of the terms). I also included *brunch* and *ghost kitchen* because these terms seem to be quite extended. Another criterion for this choice is that the majority has first been attested in Spanish throughout the last decade (2010s).

After that, different lexicography sources were examined: *Diccionario de la Lengua Española (DLE)*, *Corpus de Referencia del Español (CREA)*, *Gran Diccionario de Anglicismos (GDA)* (Rodríguez González, 2017), *Observatorio Neológico (OBNEO)*, *Observatorio Lázaro (OL)* (Álvarez Mellado, 2020), and *Fundéu BBVA*. This provided us with an overview of the degree of inclusion of the examined terms in Spanish dictionaries and online language laboratories.

In order to take a step further and find out about the real degree of use and knowledge of young students when it comes to anglicisms in this field, an online survey was administered to a sample of students. The survey was designed with the software *Microsoft Forms* and various aspects were considered such as sample population and size, the media to administer it, and some standards for good surveys to avoid confusing questions were followed, as suggested by Glasow (2005). As Fowler (in Glasow, 2005, pp. 2-5) asserts, “a good question is one that reduces answers that are reliable and valid measures of something we want to describe.” The whole content was offered in English and Spanish, and it can be consulted in the appendix of this paper. The questionnaire was replied by 130 students of different degrees studying at the University of Las Palmas de Gran Canaria (Spain). This research intended to cover different areas of knowledge: Art and Humanities (Degree in English Studies and Degree in Spanish Studies); Technology (Several degrees in various types of Engineering), and Health and Medicine (Degree in Nursing and Degree in Physiotherapy). The survey was completely anonymous, and it was answered during the months of November and December 2021.

## 4. Findings

In this section, a threefold analysis has been carried out. Firstly, the different examined anglicisms have been documented with current examples excerpted from several sources, mainly online press. Secondly, the first attestation or date the term has been first documented in Spanish is included in each example. In addition, a recording of different lexicography sources or dictionaries in which these borrowings might be compiled is reported. Thirdly, findings on the degree of knowledge and use of this collection of anglicisms by a sample of young students have been analyzed.

### 4.1. Analysis of the sample

The first part of this research focuses on the analysis of the corpus of 20 anglicisms. A definition or explanation of each lexical unit provides us with a good idea of the meaning of each borrowing in the area of gastronomy in Spanish. Then, an example of

the use of each English borrowing in context is added, with the source of the example between brackets. In all cases, the oldest use that has been found has been included in order to have an approximate date of the first attestation of each term. Several sources have been consulted to document the first uses of the examined terms: corpus CREA and also GDA. These dates are approximate, since it is extremely difficult to state when a loanword is used in a language for the first time. In several examples, the examined anglicisms appear in bold, whereas in other cases use italics, underlining, inverted commas or no mark. This lack of consistency is produced by the relative recent incorporation of these new English lexical items in Spanish.

*Batch cooking*: This practice consists of cooking, mainly at weekends, meals for several days of the week, due to the lack of time of working people to cook every single day.

- (1) Esta práctica, que normalmente se ha descrito como *cocinar para varios días, para la semana*, etc., ahora está recibiendo el nombre inglés de *batch cooking* (Bezos, *Fundéu BBVA*, 30/01/2021).

*Brunch*: Documented since 1996 in Spanish, this blending combines the abbreviations of breakfast and lunch. It is a meal that replaces these two meals for a single one, and it is normally taken at weekends, especially on Sundays and in Anglo-Saxon countries, frequently in the US.

- (2) Apenas tiempo entre la misa semanal y el religioso “brunch” del domingo (*El Mundo*, 20/02/1996).

*Fast food*: Used in Spanish since 1989, it refers to a cheap and easily prepared food based on burgers, sausages, chips, etc. Popular restaurants such as McDonalds and Burger King serve this type of food.

- (3) [...] el célebre invento de la *fast food* [...] (*El País Semanal*, 07/05/1989).

*Finger food*: This was first attested in 2014. Currently, this term has been widened with a more extensive meaning. It refers to individual creative proposals as little bits with the philosophy of offering cool, informal, practical, delicate and fun meals that the eater may eat with his/her fingers and enjoy with the five senses. So, these bits are normally quite attractively decorated.

- (4) Finger food: la tendencia de comer grandes platos en pequeñas dosis (*directopaladar.com*, 03/10/2014).

*Foodie*: This adjective is used to talk about the person who is really interested in any news and novelties related to food and drink consumption and preparation. In Spanish,

there is an equivalent term, *comidista* but it seems not to be very popular. GDA first attests the use of this term in 2014, with the following example.

- (5) Los amigos, foodies, las publicaciones del ramo, las notas de prensa, los cocineros que te alertan de la apertura de un local de algún pupilo suyo... Todas son útiles, y de ellas nos nutrimos (*Metrópoli*, 17/10/2014, 48).

*Food lover*: Similarly to “wine lover,” this expression refers to the person who loves eating or drinking. The first example of this expression that has been documented dates back to 2019. See example 6.

- (6) “La cocina molecular gana cada vez más peso entre los food lovers” (*Fundéu BBVA*, 27/12/2019).

*Food truck*: It is used to refer to a big vehicle that has been adapted to prepare and sell food on the street. The type of food offered is usually burgers, pizza, sushi, sandwiches, crepes, salads. It is common to see food trucks in open air festivals and concerts.

- (7) Food truck puede traducirse por gastroneta. *Gastroneta* es una alternativa en español a *food truck* con el sentido de ‘camioneta en la que se preparan platos de alta cocina, a menudo en ferias gastronómicas’ (*Fundéu BBVA*, 13/07/2015).

*Food porn*: This concept refers to those meals that are irresistible and make us burn in the wish to eat them. All that food that makes us salivate. This concept is closely connected with Instagram, and in this anglicized expression, *porn* may be used with an expressive function and euphemistic axiological value (Crespo-Fernández & Luján-García, 2018).

- (8) En un segundo recuadro —los irresistibles— figuran minibocatas adictivos, auténticos ejemplos de “food porn” por su sola apariencia (*ElPaís*, 05/03/2021).

*Ghost kitchen*: This refers to kitchens that produce meals intended to be sent and consumed at home. These kitchens are normally located in industrial areas and are not restaurants. They are also called *dark kitchens*.

- (9) La periodista gastronómica Alexandra Sumasi nos recomienda estas “ghost kitchens” en la capital: Quilicúa Delivery, que es el restaurante virtual de Luca (*ElDiario.es*, 21/01/2021).

*Healthy food:* This expression is used to refer to a type of food that aims at creating a balance in its consumers, introducing new light foods and super foods to find solutions and avoid problems of intolerance to some particular food.

- (10) Tampoco ninguna obsesión por la *healthy food*; puede que arroz con bogavante un día, pero otros tortilla y ensalada (*ELMundo*, 08/08/2020).

*Junk food:* Similar to *fast food*, but consumed in great quantities. This English lexical item refers to a type of food with very low amount of nutrients, composed of chips, burgers and is consumed quickly. The first example found was attested in 1995 and compiled by CREA (see example 11).

- (11) Como un acérrimo partidario del “fast food”, “junk food” y otras futelezas culinarias capaces de [...] (*LaVanguardia*, 30/10/1995).

*Raw food / comida raw:* This is the name of a new lifestyle in which food is eaten in a natural way, keeping the nature of its biochemical components to take advantage of its natural nutrients. This lifestyle is not limited to food, but also to other aspects such as physical, mental, spiritual, emotional, social and above all, environmental.

- (12) La *raw food* es una mezcla de dieta y estilo de vida en la que se consumen alimentos crudos o cocinados sin la acción del fuego y que apuesta por productos vivos: frutas, verduras, semillas, germinados, algas, aceite de primera prensa, así como algunas especias (*Bonviveur.es*, 16/11/2017).

*Real fooding:* This is a new tendency created by Spanish nutritionist Carlos Ríos, which consists of consuming unprocessed or minimally processed products. This trend advocates for the consumption of sustainable, healthy and tasty food.

- (13) Batch cooking y real fooding: cómo usar Instagram para comer (*ElPaís*, 05/09/2020).

*Showcooking:* In English, it is called “cooking show,” and it is the preparation of a dish in front of the eaters. Originally, this practice took place on TV programmes to show the audience how to prepare a recipe, but it has now extended to restaurants and events.

- (14) La celebración del Día Mundial de la Tapa va a estar también en las redes sociales con un *showcooking* de tapas realizadas por cocineros de distintos territorios que se emitirá en *streaming* (*20minutos*, 23/07/2020).

*Slow food:* It is documented in Spanish by CREA since 2001. It refers to eating slowly, paying attention to the action itself and valuing the quality of the food eaten.



- (15) Fast food, donde no cabe el toque personal, en el *slow food* o el simple placer de comer, se pueden apreciar... (Armendáriz Sanz, José Luis. *Procesos de cocina*, 2001) (excerpted from *CREA*).

*Smart cooking*: This expression is used to refer to the action of cooking by using a kitchen robot. MyCook or Thermomix are well-known brands that manufacture devices that make the production of this type of cooking possible.

- (16) El robot de cocina que tiene todas las ventajas del “smart cooking” pero al precio más económico (*ElDiario.es*, 03/07/2020).

*Social food*: This is also called *social dining*, and it refers to a meeting either at someone’s place or at a restaurant to enjoy a meal together.

- (17) Se presentará la **Foodture PlatForm**, la primera plataforma online que promociona y conecta artistas, proyectos e instituciones que se dedican al *food design*, *food tech* y *social food* (*La Vanguardia*, 30/07/2020).

*Street food*: street-vended food refers to food and beverages prepared and/or sold by vendors in streets and other public places. This is basically an urban phenomenon and frequently illegal.

- (18) Es necesario adaptarse a la situación, ya que no sabemos cómo las personas van a reaccionar al *street food* en la nueva normalidad.

*Super food*: Super foods are mostly plant-based but also some fish and dairy, which are thought to be nutritionally dense and beneficial for people’s health. Blueberries, salmon, kale and acai are just a few examples of foods that have garnered the “superfood” label.

- (19) Los Super Foods o también conocidos por súper alimentos son aquellos que además de alimentarnos tienen propiedades beneficiosas para la salud y son 100 % naturales, su origen es principalmente vegetal y de consumo en crudo (*vitamexdeoccidente.com*, 20/02/2020).

*Trash cooking*: It consists of cooking the leftovers of food. This practice is developed at home or in restaurants. There are specific recipes that are normally done with leftovers.

- (20) El trash cooking es una técnica de cocina en donde se emplean las sobras de comida o se cocina con las mermas que habitualmente quedan en una casa o un restaurante, es decir, lo antes llamado cocina de aprovechamiento (*directoalpaladar.com*, 10/04/2014).

After having documented the sample of twenty anglicisms with examples excerpted from different online sources, the next section will focus on the inclusion of these terms in Spanish lexicography sources.

#### ***4.2. Inclusion of the sample in lexicography sources***

This study also reports on the inclusion of the sample of English lexical items in six different well-known Spanish lexicography sources. Two of them are reputable dictionaries (DLE and GDA), and the other four (CREA, OBNEO, OL, Fundéu BBVA) are online repositories, observatories or glossaries that compile updated uses of the Spanish language.

TABLE I. BREAKDOWN OF THE LEXICOGRAPHY SOURCES THAT COMPILER THE SAMPLE

<b>Anglicism</b>	<b>DLE</b>	<b>CREA</b>	<b>GDA</b>	<b>OBNEO</b>	<b>OL</b>	<b>Fundéu</b>
<i>Batch cooking</i>	No	No	No	No	Yes	Yes
<i>Brunch</i>	Yes	Yes	Yes	Yes	Yes	No
<i>Fast food</i>	No	Yes	Yes	No	Yes	Yes
<i>Finger food</i>	No	No	No	No	Yes	Yes
<i>Foodie</i>	No	No	Yes	No	Yes	Yes
<i>Food lover</i>	No	No	No	No	Yes	Yes
<i>Food truck</i>	No	No	No	No	Yes	No
<i>Food porn</i>	No	No	No	No	Yes	No
<i>Ghost kitchen</i>	No	No	No	No	Yes	Yes
<i>Healthy food</i>	No	No	No	No	Yes	No
<i>Junk food</i>	No	Yes	Yes	No	Yes	Yes
<i>Raw food / Comida raw</i>	No	No	No	No	No	No
<i>Real fooding</i>	No	No	No	No	Yes	No
<i>Showcooking</i>	No	No	No	No	Yes	Yes
<i>Slow food</i>	No	Yes	Yes	Yes	Yes	Yes
<i>Smart cooking</i>	No	No	No	No	Yes	No
<i>Social food</i>	No	No	No	No	Yes	No

<i>Street food</i>	No	No	No	No	Yes	Yes
<i>Super food</i>	No	No	No	No	No	No
<i>Trash cooking</i>	No	No	No	No	No	No

As Table 1 shows, DLE only collects one of the examined English lexical items: *brunch*. It is noteworthy that a dictionary like GDA, which is devoted to the compilation of Anglicisms, only collects five of the 20 examined English borrowings. The remaining 15 words (75 % of the total) do not appear in GDA. Regarding CREA, it offers examples of three of the 20 analyzed anglicisms: *brunch*, *fast food* and *slow food*. Observatori de Neologia (OBNEO) reports only two of the anglicisms: *brunch* and *slow food*. Observatorio Lázaro (OL) is more innovative, and it documents examples of 17 (85 %) anglicisms of the total. When it comes to Fundéu BBVA, this source provides examples in which ten out of the 20 anglicisms appear, it is 50 % of the total. There is no any lexicography source that collects the whole sample. It is also remarkable the cases of *raw food/comida raw*, *super food* and *trash cooking*, because these three anglicisms are not collected in any of the examined lexicography sources.

From these data, it may be inferred that some of these anglicisms are not extended, as could be expected, since they are new in Spanish, but all of the examined sample of anglicisms appears in some online source, be it a lexicography source or a website. All of the 20 English borrowings have been documented with examples in context.

### 4.3. Knowledge and use of anglicisms by students

The last part of this analysis focuses on the findings collected after having analyzed the answers of a sample of 130 students. The survey was composed of seven different questions. The first one asked for the degree the student participants were studying: A total of 44 students are studying different branches of engineering: Industrial Design (18 students), Industrial Chemistry (14) and Industrial Electronics (12); 42 of participants are studying Nursing and 21 students study Physiotherapy; 14 students are studying English studies and 9 respondents study Spanish language. Thus, three different fields of knowledge were covered - Technological, Health and Humanities. The questionnaire was also offered to students of the degree in Tourism, but none of them answered the survey, so the area of Social Sciences is not represented in this study.

The second question dealt with the gender of participants and 85 of them were women (65 %), as opposed to 44 men (34 %). Only one respondent answered “other” gender, as Figure 1 shows.

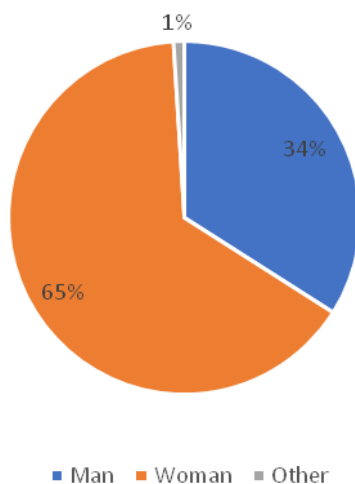


FIGURE 1. GENDER OF PARTICIPANTS

Question three intended to find out whether participants knew the list of 20 anglicisms object of this study. The ten most extensively known anglicisms are shown in Figure 2:

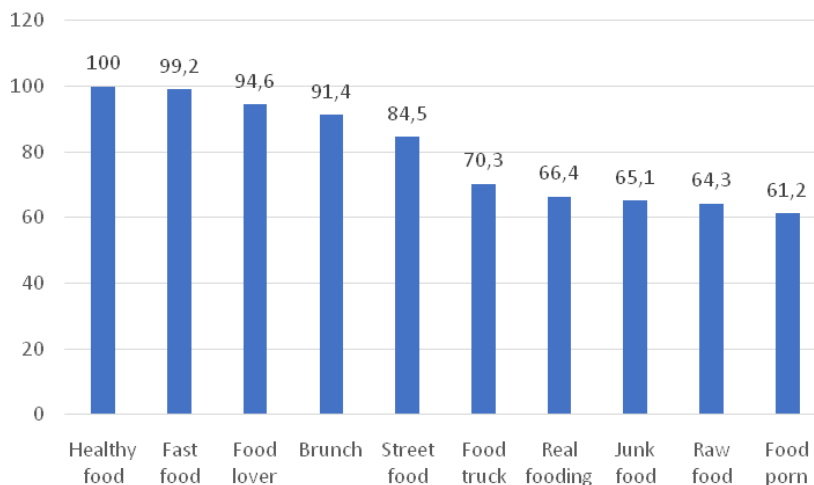


FIGURE 2. THE TEN MOST KNOWN ANGLICISMS BY PARTICIPANTS

When it comes to the use of these English borrowings, the percentages diminish dramatically. It is quite common to know a word, but not to use it. Figure 3 shows the degree of use of each of the ten most used anglicisms. A scale with four different degrees was used (frequently, sometimes, rarely and never) in order to distinguish different degrees of use.

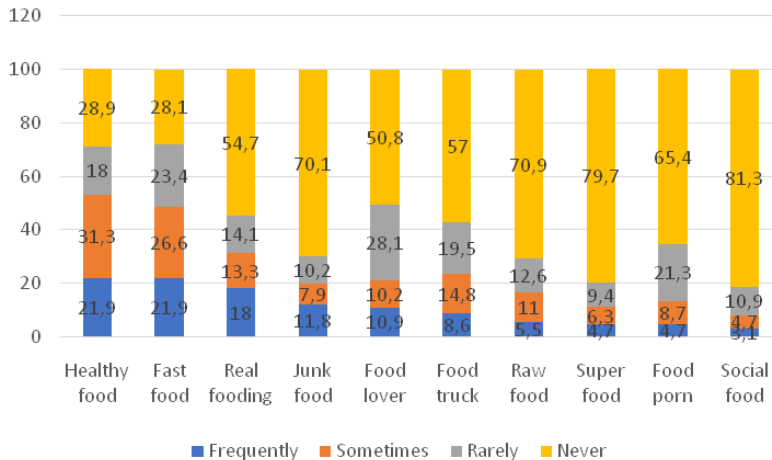


FIGURE 3. DEGREE OF USE OF THE TEN MOST FREQUENTLY USED ANGLICISMS

The results show that the anglicized expressions *healthy food*, *fast food* and *real fooding* are the most frequently used, as opposed to others that are never used by respondents such as *ghost kitchen*, *smart cooking* and *trash cooking*.

Question 5 was an open question that inquired about the degree of awareness about consuming a type of food that is healthy, and most participants confirmed that they are concerned about eating healthy food. Only a few of them asserted that they do not, but that they should change their eating habits.

The following question, 6, intended to find out whether respondents used any other English words or expressions to refer to food or drink. Most participants replied “no”, but a few of them included some new terms such as: *snack*, *grilled food*, *energy drink*, *sparkling water*, *yummy*, *burger*, *hot drink*, *muffin*, *cupcake*, *topping*, *cookies*, *smoothie*, *popcorn*, *tasty*, *shot*, *sticks*, *salsa barbacue*, *veggie*, *banana*, *nuggets*, *lunch*, *light*, *yogurt* and *donuts* (these last two ones in their adapted spelling to Spanish).

The last question was number 7: In case that you use English words to refer to food, choose your main reason. Different possibilities were provided, and the findings are displayed in Figure 4.

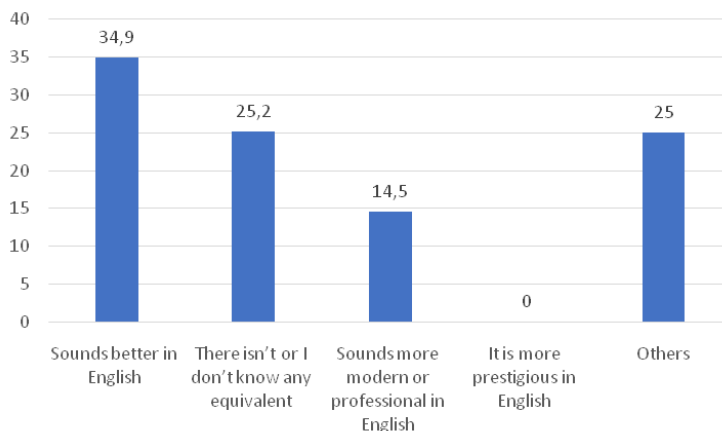


FIGURE 4. REASONS TO USE ENGLISH WORDS TO REFER TO FOOD

The most chosen reason was “Because it sounds better in English” selected by 34.9 % of participants. English is currently a fashionable language, especially for the youngster, who have raised surrounded by the gradual expansion and prominence of English and the Anglo-American culture. The second option was “Because there isn't or I don't know any equivalent”. This alternative was selected by 25.2 % of respondents. It is true that in some cases there is no equivalent in Spanish to refer to a particular concept, mainly in technical and specialized types of language, but this is not exactly the case for all this sample. In most cases, there is an equivalent term, but probably some of these concepts have been imported from the US or the UK, and the term to designate it is in English. For example, *fast food* for *comida rápida*; *healthy food* for *comida sana*; *junk food* for *comida basura*; *super food* for *super alimento*; *raw food* for *comida cruda*; *food lover* is *amante de la comida*. In these cases, there is a co-existence of the Spanish and the English word. Regarding other terms such as *brunch* or *foodie*, the translation is a bit more complex, since these concepts have not been born in a Spanish speaking country and the names have also been imported.

The third most chosen reason is “Others” without specifying any particular motivation with a 25 %. The next selected reason was “Because it sounds more modern or professional in English” chosen by 14.5 % of respondents. This is closely connected with the above mentioned idea of English as a fashionable and cool language. Finally, the reference to “English as a more prestigious language than Spanish” was not chosen by any student. It clearly reveals a sense of loyalty to Spanish, since it is the native language of the participants. They seem to like using English, because it is modern, sounds better, but when it comes to the matter of prestige, they reject that English is more prestigious than Spanish.

## Conclusions

The sample of 20 English lexical items examined in this paper is evidence of the increasing tendency to use anglicisms in the fields of food and drinks. This may result in a co-existence of French and English in the language traditionally associated with gastronomy and food. In the particular sphere of high cuisine, French is still the leading language. The survey employed in the methodology allowed to collect linguistic and extra-linguistic data that contributes to the understanding of the penetration and expansion of the collection of examined anglicisms among the Spanish speaking youth.

Most of the examined anglicisms have first been attested in Spanish throughout the last two decades. The analyzed lexicography sources report on the inclusion of this sample of anglicisms. Even though, young people seem to be quite familiar with these terms, there is a difference when knowledge and use of these borrowings is compared. These terms are more known than used by respondents. Different reasons intend to provide an explanation to use these anglicisms in the area of gastronomy, being the first one “Because it sounds better in English”. The second most chosen reasons are “There is not or I do not know any equivalent” and “Others.” It is unquestionable that English is associated with values such as fashion and modernity. However, the value of prestige of English as compared to Spanish was not chosen by any respondent, which reveals a sense of loyalty towards Spanish by the young participants.

Future research lines could shed more light on this inclusion of food-related anglicisms in Spanish and confirm whether this is just a short-time trend or whether these anglicized terms and expressions will be established in Spanish.

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## Appendix

This survey is completely anonymous and this is part of a research. I would appreciate if you could spend a few minutes to answer it. Thanks for your collaboration. Este cuestionario es anónimo y forma parte de una investigación. Agradezco si puedes dedicar unos minutos a responderlo. Gracias por tu colaboración.

1. I'm studying a degree in (Choose): Estudio un grado en (Elige):

- Industrial Design Engineering - Ingeniería de Diseño Industrial
- Nursing - Enfermería
- Physiotherapy - Fisioterapia
- English studies - Lenguas modernas
- Spanish language - Lengua española
- Industrial Chemistry / Electrical Engineering - Ingeniería química o eléctrica
- Industrial Electronic / Automatic Engineering - Ingeniería electrónica / automática
- Tourism- Turismo

2. My gender is / Mi género es:

- Man
- Woman
- Other

3. Do you know the following English words and expressions? ¿Conoces las siguientes palabras y expresiones inglesas?

	Yes	No	I don't know
Batch cooking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Brunch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fast food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Finger food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Foodie	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Food lover	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Food truck	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Food porn	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Ghost kitchen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Healthy food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Junk food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Raw food / comida raw	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Real fooding	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Showcooking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Slow food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Smart cooking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Street food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Super food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trash cooking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4. When you speak Spanish, do you use the following English words? Click on one option. Cuando hablas español, ¿usas las siguientes palabras en inglés? Pincha sobre tu opción.

	<b>Frequently/ con frecuencia</b>	<b>Sometimes/ a veces</b>	<b>Rarely/ raramente</b>	<b>Never/ nunca</b>
Batch cooking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Brunch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fast food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Finger food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Foodie	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Food lover	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Food truck	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Food porn	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ghost kitchen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Healthy food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Junk food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Raw food / comida raw	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Real fooding	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Showcooking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Slow food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Smart cooking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Street food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Super food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trash cooking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

5. Are you a concerned about consuming healthy food? ¿Te preocupa consumir comida saludable? Escribe tu respuesta.
6. Do you use any other English words or expressions to refer to food or drink? Add it, please ¿Empleas alguna otra palabra o expresión en inglés para referirte a la comida o bebida? Añádela, por favor.
7. In case that you use English words to refer to food, choose your main reason. En caso de que uses palabras en inglés cuando hablas de la comida o bebida, elige tu principal razón.
- Because it sounds better in English /Porque suena mejor en inglés.
  - Because there isn't or I don't know any equivalent/ Porque no hay o no conozco el equivalente en español.
  - Because it sounds more modern and professional in English / Porque suena más moderno y profesional en inglés.
  - Because it is more prestigious in English/ Porque es más prestigioso.
  - Others/ Otras.