

## Vamos a comer y cocinar- Week 2

### 1. Conversation practice:

- Introduce yourself to the class in Spanish (if new this week), tell us how you're feeling, one or two things you like to eat. *¿Cómo estás? ¿Qué te gusta comer? ¿Te gusta el guacamole?*

2. (if applicable) **Reminder to visit the Futura website & Parent Portal** – adult tab to see the handouts and information for the class online. *\*\*\*The participants will not receive further emails with any handouts as they are to access this on the website.*

### 3. Vocabulary Lesson: Vamos a Cocinar~ En la cocina

Common phrases, verbs, and example sentences while making guacamole:

1. **Vamos a preparar el guacamole.** We are going to prepare guacamole.
2. **¿Cuántos aguacates necesitamos?** How many avocados do we need?
3. **Tenemos que picar la cebolla/cilantro/tomate.** We need to chop the onion, cilantro, and tomato.
4. **Mezclar todos los ingredientes en un tazón.** Mix all the ingredients in a bowl.
5. **Licuarlos hasta tener la consistencia deseada.** Blend until the desired consistency.
6. **¿Te gusta guacamole picante?** Do you like spicy guacamole?
7. **Si te gusta guacamole picante, pon jalapeños extras.** If you like spicy guacamole, put in extra jalapeños.
8. **¿Tienes un molcajete en tu cocina?** Do you have a molcajete in your kitchen?

|                          |              |
|--------------------------|--------------|
| <i>la receta</i>         | recipe       |
| <i>los ingredientes</i>  | ingredients  |
| <i>las instrucciones</i> | instructions |
| <i>los aguacates</i>     | avocados     |
| <i>la cebolla</i>        | onion        |
| <i>el ajo</i>            | garlic       |

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| <i>el jalapeño</i>         | jalapeño      |
| <i>el cilantro</i>         | cilantro      |
| <i>el limón (el jugo)</i>  | lime (juice)  |
| <i>la sal</i>              | salt          |
| <i>el tomate</i>           | tomato        |
| <i>la toalla de cocina</i> | kitchen towel |
| <i>el molcajete</i>        | the molcajete |
| <i>preparar</i>            | to prepare    |
| <i>moler</i>               | to grind      |
| <i>necesitar</i>           | to need       |
| <i>poner</i>               | to put        |
| <i>pelar</i>               | to peel       |
| <i>combinar</i>            | to combine    |
| <i>mezclar</i>             | to mix        |

**4. Práctica: In Action~** Prepare guacamole using the recipe step by step in Spanish and hold up the foods and kitchen utensils to show participants. They can also cook along with you if they would like- not required.

Below are questions to check in on the recipe and process.

1. *¿Qué necesitas para preparar el guacamole?* What do you need to prepare guacamole?
  - a. \_\_\_\_\_
2. *Primero, necesito \_\_\_\_\_ el aguacate. First, I need to peel the avocado.*
  - a. \_\_\_\_\_
3. *Voy a usar \_\_\_\_\_ para sazonar el guacamole.* I am going to use \_\_\_\_\_ to season the guacamole.
  - a. \_\_\_\_\_

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4. *¿Cuáles utensilios usas cuando preparando el guacamole?* What utensils do you use when preparing guacamole?

a. \_\_\_\_\_

### 5. Vocabulary: Vamos a Comer~ En la mesa

Common phrases, verbs, and example sentences while eating at the table:

1. **Pon la mesa.** Set the table.
2. **¿Dónde está la mantequilla?** Where is the butter?
3. **Pásame la pimienta por favor.** Pass me the pepper please.
4. **La comida es deliciosa.** The food is delicious.
5. **Me encanta el guacamole.** I love guacamole.
6. **¿Te gusta el guacamole?** Do you like guacamole?
7. **Necesito más sal.** I need more salt.
8. **¡Listo, a comer!** Ready, to eat!
9. **Buen provecho.** Enjoy your meal.
10. **¡Guácala!** Gross! Yuck!
11. **¡Qué rico!** How rich!

|                        |                  |
|------------------------|------------------|
| <i>comer</i>           | to eat           |
| <i>la mesa</i>         | table            |
| <i>poner la mesa</i>   | to set the table |
| <i>la silla</i>        | chair            |
| <i>el plato</i>        | plate            |
| <i>el vaso</i>         | glass            |
| <i>el tazón/el bol</i> | bowl             |
| <i>el tenedor</i>      | fork             |
| <i>la cuchara</i>      | spoon            |
| <i>el cuchillo</i>     | knife            |

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| <i>la servilleta</i>      | napkin     |
| <i>el mantel</i>          | tablecloth |
| <i>la pimienta</i>        | pepper     |
| <i>el azúcar</i>          | sugar      |
| <i>el aceite de oliva</i> | olive oil  |
| <i>el vinagre</i>         | vinegar    |
| <i>la mantequilla</i>     | butter     |
| <i>las especias</i>       | spices     |
| <i>los condimentos</i>    | condiments |
| <i>picante</i>            | spicy      |
| <i>sabroso</i>            | tasty      |
| <i>por favor</i>          | please     |
| <i>gracias</i>            | thank you  |
| <i>probar</i>             | to taste   |
| <i>pasar</i>              | to pass    |
| <i>servir</i>             | to serve   |
| <i>compartir</i>          | to share   |

### Extra~ Optional vocabulary (not focused on in live sessions):

|                  |        |                 |        |
|------------------|--------|-----------------|--------|
| <i>crujiente</i> | crispy | <i>cremoso</i>  | creamy |
| <i>esponjoso</i> | fluffy | <i>pegajoso</i> | sticky |
| <i>chicloso</i>  | chewy  | <i>crudo</i>    | raw    |

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|                    |            |                          |                |
|--------------------|------------|--------------------------|----------------|
| <i>la mayonesa</i> | mayonnaise | <i>salsa de tomate</i>   | kétchup        |
| <i>la mostaza</i>  | mustard    | <i>la salsa barbacoa</i> | barbecue sauce |
| <i>el aderezo</i>  | dressing   | <i>la vinagreta</i>      | vinaigrette    |

### 6. Práctica: Translate sentences below from Spanish to English.

1. *Pon la mesa por favor. Vamos a comer pronto.*

a. \_\_\_\_\_

2. *¿Quieres probar el guacamole?*

a. \_\_\_\_\_

3. *Vamos a servir el guacamole y pico de gallo con los chips de tortilla.*

a. \_\_\_\_\_

4. *¿Qué necesitamos para poner la mesa?*

a. \_\_\_\_\_

5. *Pásame la leche por favor. La comida es muy picante.*

a. \_\_\_\_\_

6. Teacher or participants to think of different sentences with the vocabulary and verbs from class to translate!

7. Participants to ask how to say different sentences they typically say in the kitchen in Spanish.

**7. Conversation Practice- Break out rooms!** Encourage participants to practice speaking Spanish related to the following kitchen/food topics and conversation starters.

*¿Has preparado el guacamole? ¿La receta era similar?*

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*Describe tu comida favorita. ¿O Hay algo nuevo que quieres probar?*

*Cuéntame una experiencia de comer con amigos o familia- malo, bueno, cómico, etc. (Puede ser un evento o festival)*

*¿Cuál es tu comida favorita o especial en tu familia?*

*Puedes hablar sobre cualquier cosa en el tema de comer y cocinar.*

### 8. Culture Lesson: Traditional cuisine in different Spanish speaking countries.

9. **Más practica:** (If time or participants can practice on their own.) Translate the following sentences from English to Spanish.

1. The food is very tasty. I like the flavors.

a. \_\_\_\_\_

2. For this recipe, I need a good knife for chopping the onion.

a. \_\_\_\_\_

3. I am going to buy the ingredients at the market today.

a. \_\_\_\_\_

4. The instructions on the recipe are easy to follow.

a. \_\_\_\_\_

5. Can you pass me a napkin please?

a. \_\_\_\_\_