

Vamos a comer y cocinar- Week 1

1. Ice Breakers & Get to know each other conversation practice to get started.

- Introduce yourself to the class in Spanish, tell us how you're feeling, and one or two things you like to cook, and what they are interested in learning Spanish in the kitchen. *¿Cómo te llamas? ¿Cómo estás? ¿Qué te gusta cocinar? ¿Qué quieres aprender en esta clase?* *Goal to encourage participants to speak/practice Spanish.
- **Tip:** Ask the participants if they are comfortable with you using mostly Spanish in class or if they prefer you to do a bilingual approach with translations. Note- if some are hesitant or more beginner level, keep the bilingual approach going to help them feel comfortable.

2. Show the participants the Futura website & Parent Portal – adult tab so they can easily see where to get the handouts and information for the class online. Screen share the steps on the website directly or the document “Adult steps to Login to Parent Portal.” ****The participants will not receive further emails with any handouts as they are to access this on the website.*

3. **Vocabulary Lesson:** *Vamos a aprender el vocabulario útil de la cocina.* We are going to learn the vocabulary in the kitchen. Use the PowerPoint visual with images to teach the vocabulary and encourage participants to repeat the Spanish after you.

<i>la cocina</i>	kitchen
<i>el lavaplatos/el fregadero</i>	sink
<i>el horno</i>	oven
<i>la estufa</i>	stove
<i>el refrigerador</i>	refrigerator
<i>el congelador</i>	freezer
<i>la despensa</i>	pantry
<i>el microonda</i>	microwave

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<i>el mostrador/la barra/las encimas</i>	counter/countertops
<i>la tabla de cortar</i>	cutting board
<i>la almena</i>	cupboard
<i>el tostador</i>	toaster
<i>la freidora de aire</i>	air fryer
<i>la licuadora</i>	blender
<i>la sartén</i>	pan/skillet
<i>la olla</i>	pot
<i>la espátula</i>	spatula
<i>el batidor</i>	whisk
<i>la taza medidora</i>	measuring cup
<i>la cucharita</i>	teaspoon
<i>las tijeras</i>	scissors
<i>el colador</i>	colander/strainer
<i>las pinzas</i>	tongs

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

<i>el lavaplatos</i>	dishwasher	<i>el grifo</i>	faucet
<i>la olla de cocción lenta</i>	slow cooker	<i>la olla instantánea</i>	instant pot
<i>la parrilla/la plancha</i>	grill	<i>la cafetera</i>	coffee maker
<i>el sacacorchos</i>	corkscrew	<i>el abrelatas</i>	can opener
<i>el rayador</i>	grater	<i>el pelador</i>	peeler

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4. Práctica: What kitchen items fit the questions or blanks below. *Ask the group the questions below and see if volunteers can answer. Depending upon the level of the participants, help them through the answers.

1. *¿Qué necesitas para cocinar huevos revueltos?* What do you need to cook scrambled eggs?
a. *Los huevos, la leche, el bol, el batidor, la sartén, la estufa, la espátula*
2. *¿Dónde está la comida en la cocina?* Where is the food in the kitchen?
a. *El refrigerador, el congelador, la despensa*
3. *Necesito _____ para medir el azúcar de la receta. I need _____ to measure the sugar for the recipe.*
a. *una taza de medidora*
4. *Voy a usar _____ para freír las papas fritas. I am going to use _____ to fry the French fries.*
a. *La freidora de aire*
5. *Uso _____ mucho cuando estoy cocinando los huevos en el sartén.*
a. *La espátula; I use the spatula a lot when I'm cooking eggs in the skillet.*

5. Los Verbos– Vocabulary: Verbs & helpful phrases to use in the kitchen-
Teach common phrases, verbs, and example sentences in the kitchen:

1. **Mezcla todos los ingredientes en un bol.** Mix all the ingredients in a bowl.
2. **¿Dónde está la licuadora?** Where is the blender?
3. **Voy a hervir las papas en la olla.** I am going to boil the potatoes in the pot.
4. **La comida está en la despensa.** The food is in the pantry.
5. **Me encanta cocinar.** I love to cook.
6. **¿Te gusta cocinar?** Do you like to cook?
7. **Solo un poquito.** Just a little.
8. **Necesitas lavarte las manos antes de cocinar.** You need to wash your hands before cooking.
9. **¿A que temperatura tengo que calentar el horno?** At what temperatura should I set the oven?

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<i>cocinar</i>	to cook
<i>hornear</i>	to bake
<i>lavar</i>	to wash
<i>calentar</i>	to warm up
<i>medir</i>	to measure
<i>batir/revolver</i>	to whisk/stir
<i>mezclar</i>	to mix
<i>freír</i>	to fry
<i>cortar</i>	to cut
<i>cortar en cuadros</i>	to dice
<i>picar</i>	to chop
<i>rebanar</i>	to slice
<i>hervir</i>	to boil
<i>sazonar</i>	to season
<i>asar</i>	to grill
<i>girar</i>	to flip

6. **Práctica:** Fill in the blanks in the sentences below and translate.

1. Voy a _____ las galletas para mi vecino.

a. Hornear; I am going to bake cookies for my neighbor.

2. Prefiero _____ las papas en lugar de hornearlas.

a. Hervir o freír, I prefer to (boil or fry) the potatoes instead of bake.

3. Quiero calentar mi comida rápidamente en _____.

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a. El microonda; I want to warm up my food quickly in the microwave.

4. *Primero necesitamos _____ los ingredientes en el bol.*

a. Mezclar, First we need to mix the ingredients in the bowl.

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

6. 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. *Tip: For small or shy classes, start as a group with a question as an example of a conversation starter before splitting into break out rooms or stay in a whole group setting if that would be better.

Describe tu cocina.

Describe tu cocina ideal.

Cuéntame una experiencia de cocinar- malo, bueno, cómico, etc.

¿Cuál es tu receta favorita o especial en tu familia?

¿De qué tienes miedo de cocinar o comer?

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

1. *¿A que temperatura tengo que calentar el horno?*

a. At what temperatura should I set the oven?

2. *Tenemos que picar una cebolla.*



Adults Spanish in the Kitchen

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- a. We have to chop an onion.
3. *Voy a freír los vegetales.*
 - a. I'm going to fry the vegetables.
4. *Eres un excelente cocinero.*
 - a. You're an excellent cook.
5. *Me encanta pasar tiempo en la cocina.*
 - a. I love spending time in the kitchen.