**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.*** We need to chop the onion.
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.

|  |  |
| --- | --- |
| *la receta* | recipe |
| *los ingredientes* | ingredients |
| *las instrucciones* | instructions |
| *los aguacates* | avocados |
| *la cebolla* | onion |
| *el ajo* | garlic |
| *el jalapeño* | jalapeño |
| *el cilantro* | cilantro |
| *el limón (el jugo)* | lime (juice) |
| *la sal* | salt |
| *el tomate* | tomato |
| *la toalla de cocina* | kitchen towel |
| *la molcajete* | the molcajete |
| *preparar* | to prepare |
| *moler* | to grind |
| *necesitar* | to need |
| *poner* | to put |
| *pelar* | to peel |
| *combinar* | to combine |
| *mezclar* | 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?
   1. *Los aguacates, el jalapeño, la cebolla, el ajo, la sal, el limón,*
2. *Primero, necesito \_\_\_\_\_\_ el aguacate. First, I need to peel the avocado.*
   1. *Pelar*
3. *Voy a usar \_\_\_\_\_\_ para sazonar el guacamole.* I am going to use \_\_\_\_\_\_ to season the guacamole.
   1. *Sal y oregano*
4. *¿Cuáles utensilios usas cuando preparar el guacamole?* What utensils do you use when preparing guacamole?
   1. *la molcajete, un cuchillo, una cuchara, un tazón/bol*

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 mantequila?** Where is the butter?
3. **Pásame el pimiento 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!

|  |  |
| --- | --- |
| *comer* | to eat |
| *la mesa* | table |
| *poner la mesa* | to set the table |
| *la silla* | chair |
| *el plato* | plate |
| *el vaso* | glass |
| *el tazón/el bol* | bowl |
| *el tenedor* | fork |
| *la cuchara* | spoon |
| *el cuchillo* | knife |
| *la servilleta* | napkin |
| *el mantel* | tablecloth |
| *la pimienta* | pepper |
| *el azúcar* | sugar |
| *el aceite de oliva* | olive oil |
| *el vinagre* | vinegar |
| *la mantequilla* | butter |
| *las especias* | spices |
| *los condimentos* | condiments |
| *picante* | spicy |
| *sabroso* | tasty |
| *por favor* | please |
| *gracias* | thank you |
| *probar* | to taste |
| *pasar* | to pass |
| *servir* | to serve |
| *compartir* | to share |

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

|  |  |  |  |
| --- | --- | --- | --- |
| *crujiente* | crispy | *cremoso* | creamy |
| *esponioso* | fluffy | *pegajoso* | sticky |
| *chicloso* | chewy | *crudo* | raw |
| *la mayonesa* | mayonnaise | *salsa de tomate* | kétchup |
| *la mostaza* | mustard | *la salsa barbacoa* | barbecue sauce |
| *el aderezo* | dressing | *la vinagreta* | vinaigrette |

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

1. *Pon la mesa por favor. Vamos a comer pronto.*
   1. Set the table please. We are going to eat soon.
2. *¿Quieres probar el guacamole?* 
   1. Do you want to try guacamole?
3. *Vamos a servir el guacamole y pico de gallo con los totopos.* 
   1. Let’s serve the guacamole and pico de gallo with tortilla chips.
4. *¿Qué necesitamos para poner la mesa?* 
   1. What do we need to set the table?
5. Pásame la leche por favor. La comida es muy picante.
   1. Please pass me the milk. The food is very spicy.
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?*

*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. Share the information on the attached handout. Please feel free to share additional pictures and information about your experiences with cuisine in Spanish speaking countries as well!**

**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 spices.
   1. *La comida es muy sabrosa. Me gustan las especias.*
2. For this recipe, I need a good knife for chopping the onion.
   1. *Para esta receta, necesito un buen ccuchillo para cortar la cebolla.*
3. I am going to buy the ingredients at the market today.
   1. *Voy a comprar los ingredientes al mercado hoy.*
4. The instructions on the recipe are easy to follow.
   1. *Las instrucciones de la receta son fáciles de seguir.*
5. Can you pass me a napkin please?
   1. *¿Puedes pasarme uns servilleta, por favor?*