

## Vamos a comer y cocinar- Week 4

### 1. Conversation practice:

- Introductions and conversation practice. (In break out rooms or together as class) *¿Cómo estás? ¿Qué te gusta tomar/beber para desayuno/almuerzo/cena? ¿Te gusta tomar café?*

**3. Vocabulary Lesson: Vamos a Cocinar~ En la cocina.** *Hoy vamos a hacer frescas.* Today we are going to make aguas frescas. *Aguas frescas son bebidas ligeras sin alcohol hechas de frutas, flores, o semillas mezcladas con azúcar y agua.* Aguas frescas are light non-alcoholic beverages made from fruits, flowers, or seeds blended with sugar and water. *Son muy populares en México y otros países en Latino América.* They are very popular in Mexico and other Latin American countries. *Los sabores más populares son el tamarindo, jamaica, and horchata.* The flavors most popular are tamarind, hibiscus, and horchata. *Las aguas frescas son vendidas por vendedores y se encuentran en tiendas, restaurantes, y bares de jugos.* Aguas frescas are sold by street vendors and are commonly found in convenience stores, restaurants, and juice bars.



### Common phrases, verbs, and example sentences while making aguas frescas:

1. **Vamos a hacer aguas frescas.** We are going to make aguas frescas.
2. **¿Cuáles ingredientes necesitamos?** What ingredients do we need?
3. **Vamos a usar la licuadora para esta receta.** We are going to use the blender for this recipe.
4. **Mezclar todos los ingredientes en la licuadora.** Mix all the ingredients in the blender.
5. **Saborea para la dulzura deseada.** Taste for desired sweetness.
6. **Agrega más azúcar si es necesario.** Add more sugar if needed.
7. **Sirva inmediatamente.** Serve immediately.

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### 8. ¡Salud! Cheers!

<i>tomar/beber</i>	to drink
<i>las bebidas</i>	drinks
<i>el agua</i>	water
<i>el azúcar</i>	sugar
<i>el café</i>	coffee
<i>la leche</i>	milk
<i>el vino</i>	wine
<i>la cerveza</i>	beer
<i>el refresco</i>	soda
<i>el té</i>	tea
<i>el jugo</i>	juice
<i>el sacacorchos</i>	corkscrew
<i>la licuadora</i>	blender
<i>el hielo (cubitos)</i>	ice (cubes)
<i>pequeño</i>	small
<i>grande</i>	large
<i>caliente</i>	hot
<i>frío</i>	cold
<i>la taza</i>	cup
<i>el vaso</i>	glass
<i>la crema</i>	cream

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<i>el helado</i>	ice cream
<i>vaciar</i>	to pour

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

Here is the recipe that you can follow/use:

<https://www.mexicoenmicocina.com/receta-aguas-frescas/>

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

1. *¿Qué necesitas para hacer aguas frescas?* What do you need to prepare aguas frescas?
  - a. *La fruta, el hielo, azúcar, agua, la licuadora*
2. *Primero, necesito \_\_\_y \_\_\_ las frutas.* First, I need to wash, peel, and cut the fruits.
  - a. *Lavar, pelar, cortar*
3. *Voy a \_\_\_\_\_ los ingredientes.* I am going to blend the ingredients.
  - a. *licuar*
4. *¿Cuáles utensilios usas cuando sirves las aguas frescas?* What utensils do you use to serve aguas frescas?
  - a. *Hielo, un vaso*

### 5. Vocabulary: Vamos a Comer~ En el restaurante

Common phrases, verbs, and example sentences while ordering in a restaurant:

1. **Tengo sed.** I'm thirsty. *¿Tienes sed?* Are you thirsty?
2. **Hago café cada mañana.** I make coffee every morning.
3. *¿Quieres el café con azúcar?* Do you want coffee with sugar?
4. **Prefiero mi café con hielo.** I prefer my coffee with ice.
5. *¿Tiene leche de almendra?* Do you have almond milk?
6. **Necesito mi café para llevar por favor.** I need my coffee to go please.

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<i>el restaurante</i>	restaurant
<i>el menu/la carta</i>	menu
<i>la cuenta</i>	bill/check
<i>el cocinero/ la cocinera</i>	the cook
<i>el mesero/la mesera</i>	server
<i>pedir/ordenar</i>	to order
<i>¿Podría tener...?</i>	Could I have...?
<i>Me gustaría...</i>	I would like...
<i>para llevar</i>	to go

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

1. *Me encanta el vino blanco.*
  - a. I love white wine.
2. *¿Cuáles tipos de jugo tienes?*
  - a. What types of juice do you have?
3. *Me gusta pedir una margarita cuando voy a un restaurante mexicano.*
  - a. I like to order a margarita when I go to a Mexican restaurant.
4. *¿Te gusta tu bebida?*
  - a. Do you like your drink?
5. *Uso el sacacorchos para abrir la botella de vino.*
  - a. I use the corkscrew to open the bottle of wine.
6. Teacher or participants to think of different sentences with the vocabulary and verbs from class to translate!

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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.

*¿Te gustan las bebidas con alcohol o sin alcohol?*

*¿Te gustan las bebidas mexicanas como margaritas, mojitos, horchata, aguas frescas, etc.?*

*¿Cuál es tu bebida favorita?*

*¿Has hecho una de las bebidas mexicanas en tu casa?*

*¿Te gusta ir a los restaurantes? ¿Y los restaurantes mexicanos?*

*Puedes hablar sobre cualquier cosa en el tema de beber/tomar/restaurantes/etc.*

## 8. Notas Culturas: Cultural notes

- There is no one singular type of “Latin-American Food,” each country, and even different regions within them, have their own unique dishes.  
[Here is a link to a basic guide of some of the cuisine in some of those regions.](#)  
[Here is a link to some traditional and well-known cuisine in Spain.](#)
- In much the same way, there is different restaurant etiquette throughout the myriad Spanish-speaking countries, however, one commonality is that generally, one needs to request the check when they are finished as it is considered rude to rush someone out of the restaurant.
- Horchata is a drink that has many variations. Typically, it is made with white rice and cinnamon (canella). Sometimes vanilla is added and can be served

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with fruits. Horchata de arroz is made of rice with vanilla and cinnamon and is the most common variety in Mexico and Guatemala. It is one of the typical drink flavors of Mexican aguas frescas. (picture on right)



- Here is a recipe for strawberry horchata~ a fun summer drink! [Click here!](#)



(picture on left) hot horchata in Mexico

- Here is a fun twist on the aguas frescas with a recipe for agua fresca crema de mango: [Click here!](#)
- Margaritas are a cocktail with tequila, triple sec, and lime juice. Some recipes include simple syrup and are they are often served with salt on the rim of the glass. They can be served shaken with ice, without ice, or blended with ice. Francisco “Pancho” Morales invented the margarita in 1942 in a bar in Juarez, Mexico.

- Mojitos are an alcoholic drink with white rum, soda water, mint, lime juice, and sugar. It is said that the original mojito was a medicinal drink to curb disease on the island of Cuba.
- Mezcal is a distilled alcoholic beverage made from any type of agave originating in Mexico, where it is the national spirit. Mezcal is a large category of spirits made from agave and tequila is a subset of mezcal. This is like bourbon is a kind of whiskey or Chardonnay is a kind of wine. Tequila can only be made from one kind of agave plant: blue weber Agave. (Source: Foodandwine.com)

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

1. We enjoy beer at dinner on Fridays.
  - a. *Disfrutamos cerveza en la cena los viernes.*
2. I like hot beverages like tea or coffee in the morning.

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- a. *Me gustan bebidas calientes en la mañana como el té o café.*
3. Can you pass the sugar, please?
  - a. *¿Puedes pasar el azúcar, por favor?*
4. I am making lemonade with lunch for my friends.
  - a. *Estoy haciendo limonada con almuerzo para mis amigos.*
5. We love to travel and go to different restaurants.
  - a. *Nos encanta viajar e ir a restaurantes diferentes.*