

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

Invite your students to practice the content from Day 1. **Menciona 2 electrodomésticos que hay en tu cocina y cómo los usas. Example: Tengo la estufa para cocinar.** \*Goal to use lots of Spanish sharing kitchen appliances and verbs. Remind participants that they can use the handout from the prior week as a reference.

- **Important:** provide a clear and consistent bilingual approach with Spanish first (slow and enunciated) and English translations to help participants follow along.

**2. Vocabulary Lesson #1: Vamos a Cocinar -En la Cocina. In the Kitchen.** *Vamos a aprender frases comunes, verbos y oraciones útiles para hacer un guacamole.* Common phrases, verbs, and useful 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. **Machacarlos hasta tener la consistencia deseada.** Mash until the desired consistency.
6. **¿Te gusta el 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?

VOCABULARIO	VOCABULARY
<i>la receta</i>	recipe
<i>los ingredientes</i>	ingredients
<i>las instrucciones</i>	instructions /directions
<i>los aguacates</i>	avocados
<i>la cebolla</i>	onion
<i>el ajo</i>	garlic
<i>el jalapeño</i>	jalapeño
<i>el cilantro</i>	cilantro
<i>el limón (el jugo)</i>	lime (juice)
<i>la sal</i>	salt

<b>el tomate</b>	tomato
<b>la toalla de cocina</b>	kitchen towel
<b>el molcajete /el mortero</b>	the molcajete
<b>la semilla /el hueso</b>	the pit
<b>preparar</b>	to prepare
<b>machacar /moler</b>	to mash /grind
<b>agregar /añadir</b>	to add
<b>pelar</b>	to peel
<b>sacar a cucharadas</b>	to scoop out
<b>mezclar</b>	to mix

**3. Práctica: In Action~** You may choose to prepare guacamole using the recipe step by step in Spanish (see the PowerPoint) and hold up the foods and kitchen utensils to show participants. They can also cook along with you if they would like- not required. You can also screenshare [THIS GUACAMOLE RECIPE](#) and encourage participants to try making it at home to help bring the lesson to life! \*Students have the link to this recipe on their handout.

----Below are the steps to check in on the recipe and process.

1. Primero, lee \_\_\_\_\_ **(the instructions)** para entender los pasos.
2. Luego, revisa \_\_\_\_\_ **(the ingredients)** que necesitas.
3. Para hacer guacamole, vas a usar: \_\_\_\_\_ **(the avocados)**, \_\_\_\_\_ **(the onion)**,  
 \_\_\_\_\_ **(the cilantro)**, \_\_\_\_\_ **(the lemon juice)**, \_\_\_\_\_ **(the salt)**  
 y \_\_\_\_\_ **(the tomato)**.
4. Opcional puedes agregar: \_\_\_\_\_ **(the jalapeño)** and \_\_\_\_\_ **(the garlic)**.
5. Antes de empezar, limpia con \_\_\_\_\_ **(the kitchen towel)**.
6. Para \_\_\_\_\_ **(to prepare)** el guacamole, primero debes cortar los aguacates y quitar  
 \_\_\_\_\_ **(the pit/seed)**.
7. Luego, \_\_\_\_\_ **(to scoop out)** los aguacates.

8. Después, puedes \_\_\_\_\_ (to peel) y cortar \_\_\_\_\_ (the onion) y \_\_\_\_\_ (the tomato).
9. En \_\_\_\_\_ (the molcajete), vas a \_\_\_\_\_ (to mash/grind) los ingredientes.
10. Luego, \_\_\_\_\_ (to add) el cilantro, el jugo de limón y la sal.
11. Finalmente, \_\_\_\_\_ (to mix) todo muy bien

**4. Conversation practice - ¡Vamos a conversar!** Review the conversation from the PowerPoint visual and ensure that participants understand the questions and answers.

**NOTE:** Please notice how your students respond when breakout rooms come up. -It is okay to keep the class together in the main session for the conversation practice, instead of sending everybody to breakout rooms.

**5. Vocabulario #2: Vamos a Comer~ En la mesa** Vamos a aprender frases comunes, verbos y oraciones útiles para usar al 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 está 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, time to eat!
9. **Buen provecho.** Enjoy your meal.
10. **¡Guácala!** Gross! Yuck!
11. **¡Qué rico!** How rich!

VOCABULARIO	VOCABULARY
<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
<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
<i>la mayonesa</i>	mayonnaise	<i>salsa de tomate</i>	ketchup
<i>la mostaza</i>	mustard	<i>la salsa barbacoa</i>	barbecue sauce
<i>el aderezo</i>	dressing	<i>la vinagreta</i>	vinaigrette

**6. Práctica escrita – Written practice!** Translate the following English sentences into Spanish.

- Please set the table and bring the plate and the glass.
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- I like to eat tasty food with many spices.
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- Can you pass the salt and pepper, please?
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- We are going to share the bowl of soup.
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- She wants to taste the rice with olive oil and vinegar.
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- The waiter is going to serve the food on the table with a tablecloth.
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- I use the fork and the knife, but I also need a spoon.
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- Thank you for bringing the butter, sugar, and condiments.
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**7. Conversation practice - ¡Vamos a conversar!** Review the conversation from the PowerPoint visual and ensure that participants understand the questions and answers.

**8. Culture Lesson:** Traditional cuisine in different Spanish speaking countries. Use the power point presentation along with the word document to describe the traditional dishes from the 21 Spanish speaking countries. If time, you can also share this YouTube video that includes [National Dishes of Latin America; A Latin American Food Fiesta!](#)



## Adult -Cooking Up Spanish: A Taste of Spanish Through Food

### Cocinando en español: Un recorrido por el idioma a través de la comida. Day 2

**9. Más práctica:** Translate the following sentences from English to Spanish.

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

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

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

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→ The instructions on the recipe are easy to follow.

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→ Can you pass me a napkin, please?

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**10. OPTIONAL HOMEWORK /TAREA:** Encourage participants to use the Quizlet links provided in their handout to review the material covered in today's lesson. Please, remind them that they can access Futura's portal to review the lesson with the visuals and other materials as well.