

¡BIENVENIDOS! – WELCOME!

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

- Share with the class *what handy question or phrase would you use when seated at a table to eat. Dime qué pregunta o frase utilizarías al estar sentado en la mesa listo para comer. Example: Pásame la pimienta, por favor.* *Goal to use lots of Spanish.

2. Accessing Futura website & Parent Portal.

- Please, check your confirmation email that includes the password and step-by-step on how to login Futura's portal so you can access all the handouts and materials ahead of time for this class!



3. NOTA CULTURAL. ¿Te gusta el pico de gallo? Do you like pico de gallo?

El pico de gallo is a popular food in Mexican cuisine. It is fresh and simple to make. It is also known as “salsa fresca” or “salsa cruda.” Pico de gallo is served with tortilla chips but can also be a topping for breakfast foods, enchiladas, tacos, nachos, and more.

4. Vocabulary Lesson #1: Vamos a Cocinar -En la Cocina. In the Kitchen. *Hoy vamos a preparar pico de gallo.* Today we are going to prepare pico de gallo. **Note:** This will include good review from last class' guacamole preparation.



Click [HERE](#) to practice online with flashcards and interactive games on Quizlet.

Common phrases, verbs, and sentences while making pico de gallo:

1. **Vamos a preparar el pico de gallo.** We are going to prepare pico de gallo.
2. **¿Cuántos tomates necesitamos?** How many tomatoes do we need?
3. **Tenemos que picar la cebolla/cilantro/tomate/jalapeño.** We need to chop the onion, cilantro, tomato, and jalapeño.
4. **Retira las semillas del jalapeño para que pique menos.** Remove the seeds from the jalapeño to be less spicy.
5. **Cortar la cebolla me hace llorar.** Chopping the onion makes me cry.
6. **Ten cuidado con el cuchillo al picar.** Be careful with the knife when chopping.
7. **Mezclar todos los ingredientes en un tazón.** Mix all the ingredients in a bowl.
8. **Espolvorear con sal y pimienta al gusto.** Sprinkle with salt and pepper to taste.
9. **Exprimir el limón.** Squeeze the lime.
10. **Me gusta añadir mango a mi pico de gallo.** I like to add mango to my pico de gallo.
11. **Déjalo reposar.** Let it rest.
12. **Cúbrelo y guardarlo en el refrigerador durante un día para fusionar los sabores.** Cover it and store it in the refrigerator for a day to blend the flavors.
13. **¡Disfruta!** Enjoy! **Buen provecho.** Enjoy your meal.

VOCABULARIO	VOCABULARY
<i>añadir</i>	to add
<i>Necesito más...</i>	I need more...
<i>exprimir</i>	to squeeze
<i>espolvorear</i>	to sprinkle
<i>lavar (los platos/las manos/etc)</i>	to wash (dishes/hands/etc.)
<i>quitar la mesa</i>	remove/clean the table
<i>preferir</i>	to prefer
<i>disfrutar</i>	to enjoy
<i>rellenar</i>	to fill/stuff
<i>licuar</i>	to blend
<i>quemar</i>	to burn
<i>derretir</i>	to melt
<i>descongelar</i>	to defrost
<i>adobar/marinar</i>	to marinate
<i>los guantes para el horno</i>	oven mitt
<i>con</i>	with
<i>sin</i>	without
<i>la tabla de cortar</i>	cutting board
<i>el cuchillo</i>	knife
<i>el jabón para los platos</i>	dish soap
<i>la toallita</i>	cleaning wipe

5. Práctica: In Action~ Prepare pico de gallo using the recipe step by step in Spanish. Feel free to make [THIS PICO DE GALLO RECIPE](#) at home to taste it, to make the lesson more interactive and bring the experience to life!

----Fill in the blanks using the new Spanish vocabulary.

- A.** Primero, usa _____ y _____ para cortar el tomate, la cebolla y el cilantro.
 First, use **the cutting board** and **the knife** to cut the tomato, onion, and cilantro.

- B.** Después, puedes _____ el limón y _____ sal sobre los ingredientes.
*Afterwards, you can **squeeze** the lemon and **sprinkle** salt over the ingredients.*
- C.** Ahora, puedes _____ el tomate, la cebolla y el cilantro en un tazón.
*Now, you can **add** the tomato, onion, and cilantro in a bowl.*
- D.** Algunas personas _____ pico de gallo _____ jalapeño, y otras lo prefieren _____ jalapeño.
*Some people **prefer** pico de gallo **with** jalapeño, and others prefer it **without** jalapeño.*
- E.** Si quieres salsa suave, puedes _____ los ingredientes.
*If you want smooth salsa, you can **blend** the ingredients.*
- F.** Ten cuidado de no _____ la comida. Si usas maíz congelado, primero debes _____ el maíz.
*Be careful not to **burn** the food. If you use frozen corn, first you must **defrost** the corn.*
- G.** Algunas personas les gusta _____ pollo y comerlo con pico de gallo. También puedes _____ tacos con pico de gallo.
*Some people like to **marinate** chicken and eat it with pico de gallo. You can also **fill** tacos with pico de gallo.*
- H.** Cuando terminas de comer, ayuda a _____. Después, debes _____ los platos _____.
*When you finish eating, help to **clear the table**. Afterwards, you must **wash** the dishes **with dish soap**.*
- I.** Limpia la mesa con _____. Si el queso está frío, puedes _____ un poco.
*Clean the table with **the cleaning wipe**. If the cheese is cold, you can **melt** it a little.*
- J.** Si la comida está caliente, usa _____. Finalmente, ¡vamos a _____ la comida! Si no hay suficiente pico de gallo, di: _____.
*If the food is hot, use **the oven mitts**. Finally, let's **enjoy** the food! If there is not enough pico de gallo, say: **I need more...***



6. Conversation practice - ¡Vamos a conversar! Since this is a conversational class, your teacher will divide the class into breakout rooms in Zoom. You will get to practice your Spanish skills with a partner.

7. Vocabulary #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 sentences while eating at the table.



Click [HERE](#) to practice online with flashcards and interactive games on Quizlet.

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

1. **Tengo hambre.** I'm hungry. **¿Tienes hambre?** Are you hungry?
2. **¿Tienes alergias?** Do you have any allergies?
3. **El desayuno es mi comida favorita.** Breakfast is my favorite food.
4. **¿Cuándo es la cena?** When is dinner?
5. **Prefiero el pollo más que la carne roja.** I prefer chicken more than red meat.
6. **¿Eres vegetariano(a)?** Are you a vegetarian?
7. **Quita la mesa.** Clean the table.

VOCABULARIO	VOCABULARY
<i>el desayuno</i>	breakfast
<i>el almuerzo</i>	lunch
<i>la merienda</i>	snack
<i>la cena</i>	dinner
<i>los aperitivos/ los antojitos/ las botanas/ las tapas</i>	appetizers
<i>la ensalada</i>	salad
<i>la sopa</i>	soup
<i>el queso</i>	cheese
<i>el arroz</i>	rice
<i>los vegetales/ las verduras</i>	vegetables
<i>las papas</i>	potatoes
<i>la pasta/ los fideos</i>	pasta/noodles
<i>el maíz /el elote</i>	corn
<i>los frijoles</i>	beans
<i>las frutas</i>	fruits
<i>los huevos</i>	eggs
<i>la carne roja</i>	red meat
<i>los mariscos</i>	seafood
<i>el pollo</i>	chicken
<i>el pescado</i>	fish

<i>el jamón</i>	ham
<i>el bistec</i>	steak
<i>la carne de cerdo</i>	pork

8. Práctica Escrita. Written practice! Translate the sentences below from Spanish to English.

a) **El desayuno** es a las siete y el **almuerzo** es al mediodía.

b) Para la cena, comemos **la sopa** con **el arroz** y **los frijoles**.

c) Me gusta **la ensalada** con **el pollo** o **el pescado**.

d) Hoy voy a comer **la pasta** con **el queso** y **los vegetales**.

e) Ella prepara **la merienda** con **las frutas** y **los aperitivos**.

f) Nosotros comemos **los huevos** con **las papas** para el desayuno.

g) No como **la carne roja**, pero sí como **el bistec** a veces.

h) En la playa, comemos **los mariscos** con **el maíz**.

i) Mi hermano come **el jamón** en su sándwich con queso.

j) A todos les gusta la comida con **los vegetales** y **la carne de cerdo**.



9. Conversation practice - ¡Vamos a conversar! Since this is a conversational class, your teacher will divide the class into breakout rooms in Zoom. You will get to practice your Spanish skills with a partner.

10. CULTURE LESSON: CEVICHE

Ceviche is a healthy dish that is made from raw fresh fish or shrimp that is marinated in lemon or lime juices. The dish originated in Peru, where it is considered a national dish, although many other Spanish-speaking countries have their own versions of ceviche as well. It is usually served as an appetizer and has many variations across countries. For example, in Mexico tomato and avocado are also usually included. It is a great meal for weekends or parties and pairs well with tortilla chips or in Mexico corn tostadas. After the seafood has ‘cooked’ in the citrus, other ingredients like onions, cilantro, peppers, or tomatoes can be added.



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

1. We eat eggs with ham for breakfast on the weekends.

2. I like to add more jalapeños because I like spicy food.

3. Can you sprinkle cheese on my noodles, please?

4. I am cooking seafood enchiladas with rice and beans for dinner.

5. Fruits are a healthy snack.



12. OPTIONAL HOMEWORK /TAREA: Want to review today’s lesson throughout the week? Use the Quizlet links provided in your handout to review the material in a more interactive way.