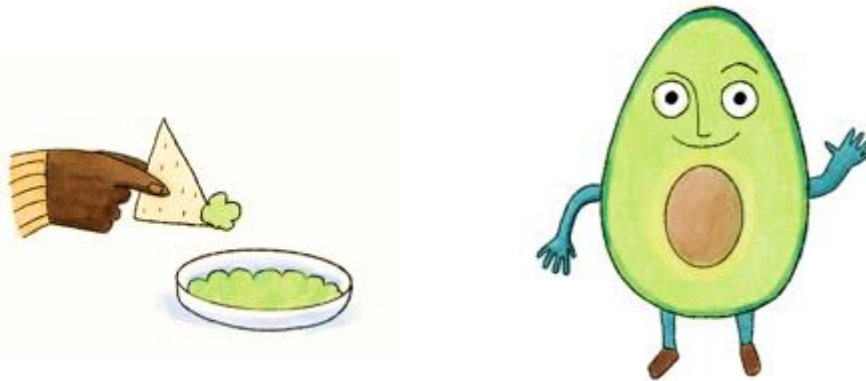


# GUACAMOLE

## LESSON With child friendly Guacamole recipe

Hispanic food is delicious and famous around the world. Today you are going to learn more about one of its most delicious and healthy ingredients: Avocados. Guacamole is a very popular Mexican sauce, but avocados are also used in recipes in other Hispanic countries, for example: 'Crema de aguacates' from Colombia, 'Ensalada de camarones, aguacates y limón' in Spain... etc



Did you know that avocados are a fruit? Yes, they are! They grow in trees.

Did you know that avocados come from America? Well, that is right. Before Europeans came to America, people in the rest of the world had never seen or eaten an avocado, or a tomato, or a potato, or chocolate... all those things also come from America.



Avocados are amazing for your health. They have many nutrients that make them good for your heart, eyes, cells... they also protect you from many illnesses such as cancer, arthritis and they can even help you to stay on a good mood.



**You can eat avocados in salads mixed with vegetables, spread it on toast and you can mix them with fruits and drink them in smoothies or even make ice cream with them.**



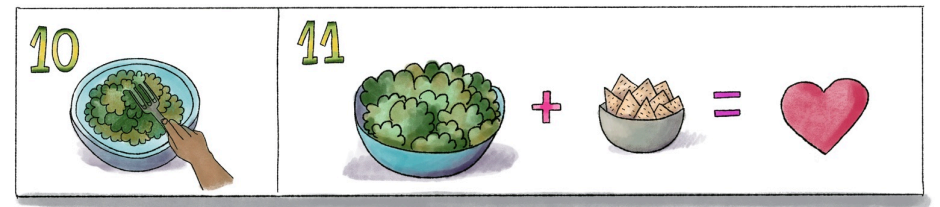
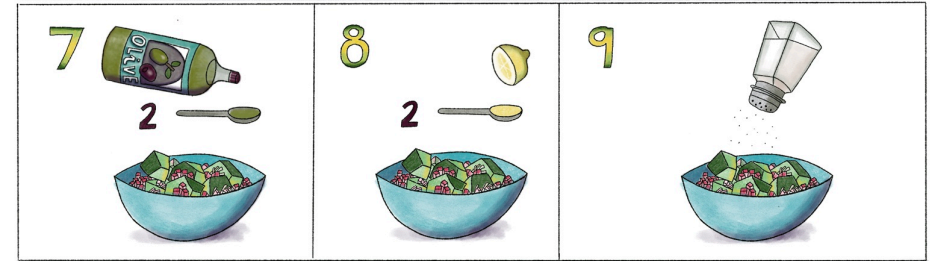
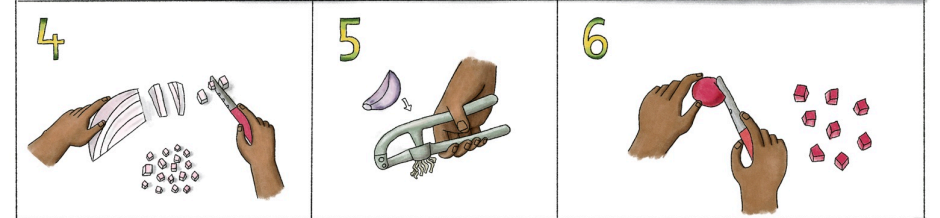
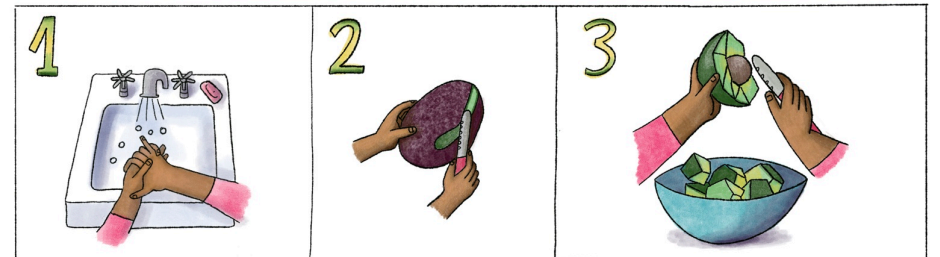
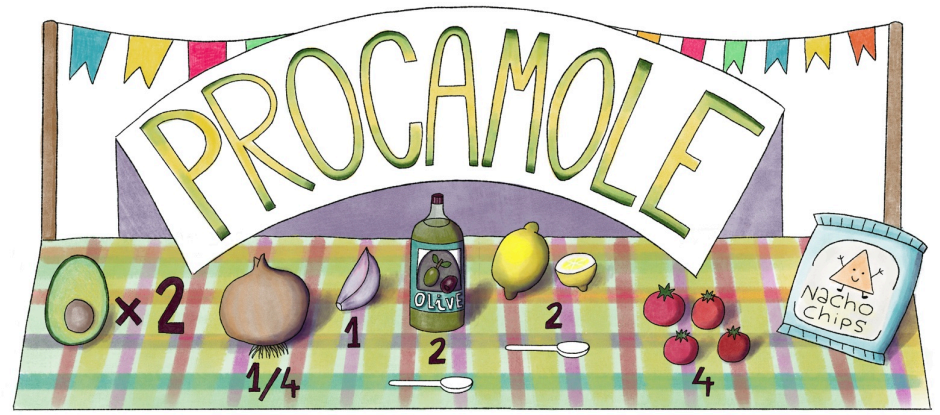
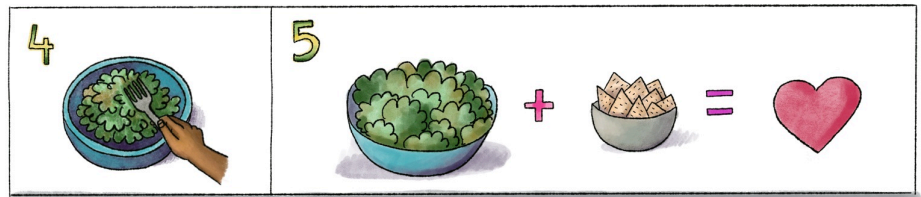
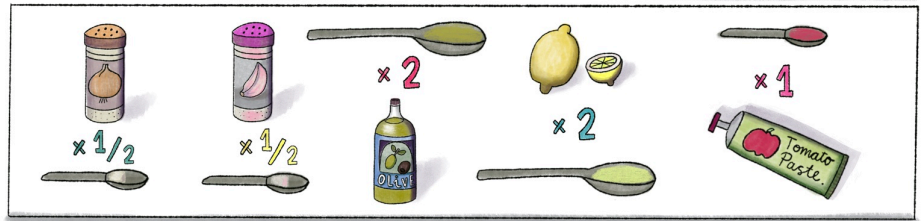
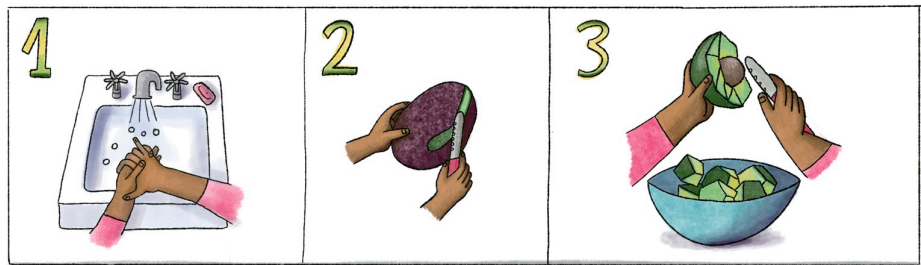
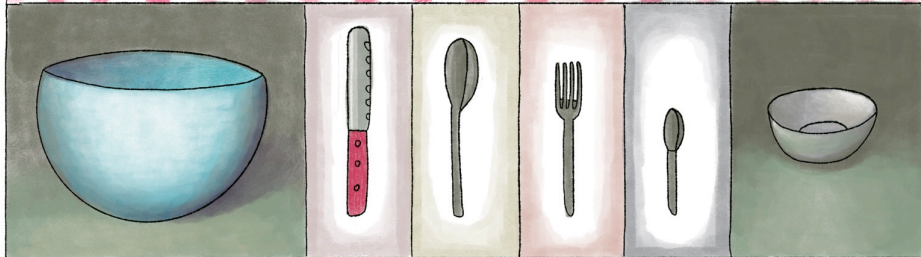
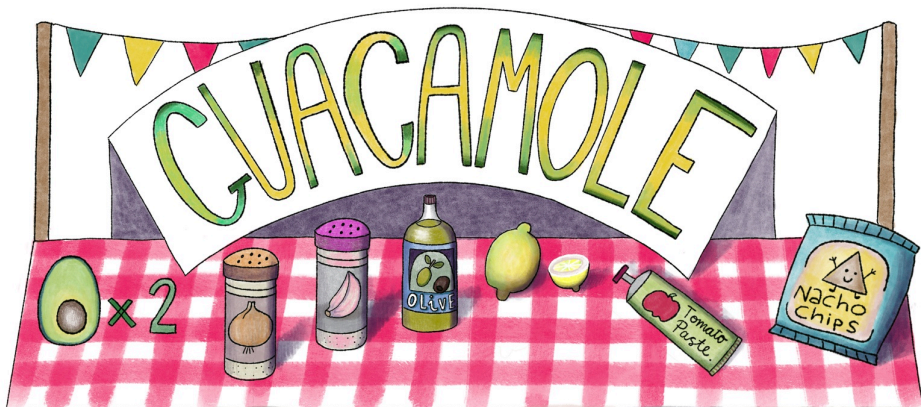
**We are going to learn to cook Guacamole. The name of this recipe comes from the Aztecs, who were the ancient people living in Mexico. The word 'Mole' means 'pureed' or 'mashed'. Aztecs have been cultivating and eating avocados for thousands of years before the Spanish and Europeans arrived in Mexico.**



**Other ingredients in guacamole are:**

**Tomatoes, garlic, onion, chilies, lime juice, salt and vegetable oil.**

**You can eat it with Nacho chips, on sandwiches, in wraps, on toast... the most important thing is to eat it fresh and right after you make it.**





## Guacamole instructions

You have two alternative recipes. One is quite easy and does not require to use a knife. The other one is a more professional way of cooking guacamole; we could call it: procamole.

To cook guacamole, you we need:

- 2 avocados (they need to be soft).
- ½ teaspoon of onion powder.
- ½ teaspoon of garlic salt
- 2 tablespoons of olive oil (or vegetable oil)
- 2 tablespoons of lemon juice.



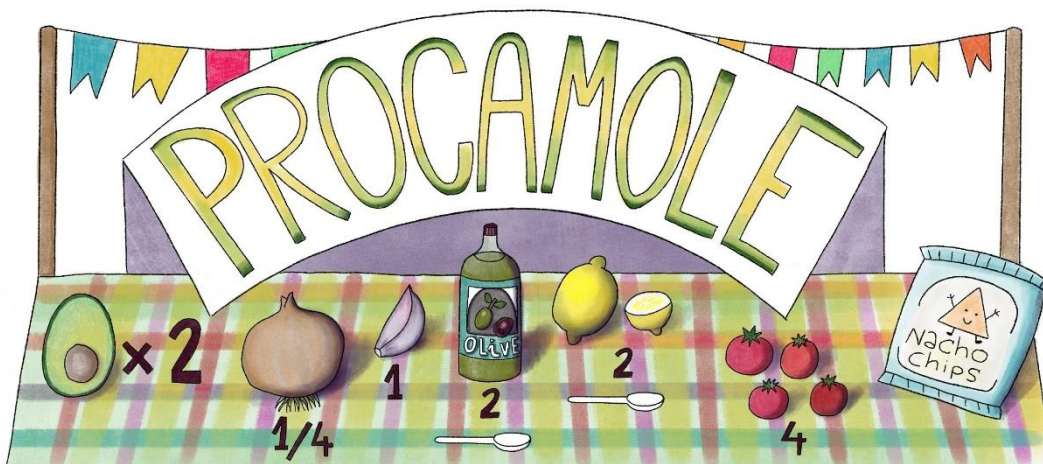
1. First wash your hands.
2. Peel the avocados.
3. Cut the avocados into small pieces.

Add all the other ingredients.

4. Use a fork to mash and mix all the ingredients together.
5. Serve with nacho chips.

## Instructions to cook 'procamole'

- 2 avocados.
- $\frac{1}{4}$  onion.
- 1 garlic clove.
- 2 tablespoons of olive oil or vegetable oil.
- 2 tablespoons of lemon juice.
- 4 cherry tomatoes.
- Some salt.



1. Wash your hands.
2. Peel the avocados.
3. Cut the avocados in small pieces.
4. Cut all the onion into small pieces.
5. Crush the clove of garlic.
6. Cut the tomatoes into small pieces.
7. Add 2 tablespoons of olive oil or vegetable oil.
8. Add 2 tablespoons of lemon juice.
9. Add salt and mash all the ingredients together.

Serve the guacamole with nacho chips.

Enjoy!