



List of Supplies Needed

Lesson 6: Guacamole

General

- Lesson plan
- Activity worksheet
- Recipe

Find detailed lesson plans, printable recipes & more at:

[foodliteracycenter.org/lesson6](https://www.foodliteracycenter.org/lesson6)

Cooking

- Aprons
- Measuring spoons
- Chef knife for adults
- Plastic kid knife or butter knife
- Cutting mat or cutting board
- Mixing bowl & mixing spoon
- Spoon
- Fork
- Kitchen towels

Food & Produce

- Avocado
- Cilantro
- Green onion
- Citrus (lime or lemon)
- Salt and pepper
- Veggies for dipping - jumbo carrots & jicama

