List of Supplies Needed
Lesson 6: Guacamole

General
☐ Lesson plan
☐ Activity worksheet
☐ Recipe

Find detailed lesson plans, printable recipes & more at:
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