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Title: Let's Make Guacamole!

- 1) Set up the activity. Make sure you have a clear, flat space that is free of visual clutter. Sit your child in front of the surface so that he/she can easily reach it.
- 2) Preview the activity with your child. Show them all of the ingredients they will be using, giving them plenty of time to explore each one. Talk about what it is called, feel the packaging, maybe open it and try to smell it. Do the same with the kitchen utensils you will use (bowls, spoons, etc.).
- 3) Get cooking! Encourage your child to participate – whether that means feeling/smelling each ingredient as it is added, passing you ingredients as they are needed, or helping to scoop/measure them.
- 4) Always feel free to stop and taste as you go!

Materials:

- Sharp knife
- 2 bowls – one small and one larger
- A plate
- A fork or potato masher
- A spoon

Ingredients:

- 1 Avocado
- 1 or more different kinds of spices – cumin, oregano, dried chives, garlic powder, paprika, dried cilantro, dried minced onions, etc.
- 1 tsp lime juice
- Salt and pepper to taste

Directions:

- 1) Introduce all of the materials and ingredients.
- 2) Cut the avocado in half. Show your child what it looks, feels, and smells like when cut open. Look at that big, hard seed!

- 3) Scoop the insides out onto the plate and use the fork or potato masher to mash it up (little ones can have an easier time reaching and seeing what's on a plate rather than ingredients in a bowl). If your child wants to use their hands, let them! If the avocado is a challenging texture for your child help them interact with it by adding some distance – with a masher so they don't have to get their hands too close, by putting it inside of a plastic bag so it isn't so slimy, or just by watching and listening as you mash it at the table nearby.
- 4) Pick a few spices to add. If your child likes to shake, put them in charge of larger herbs or things that don't come out of the jar quickly, such as oregano, dried chives, or cumin. Let them add several shakes to a separate bowl. Shaking spices into a bowl is also a great way for kids who don't want to touch the avocado to still have hands-on participation in the activity.
- 5) Mix it all up! Put the avocado into the large bowl, dump in the small bowl of spices, and add the lime juice (which will help the guacamole stay green).
- 6) Serve with whatever you child would like to dip in the guacamole – corn chips, carrot sticks, veggie straws, etc. Don't forget to sit down and eat with your child when you are finished – watching someone else enjoy the snack with them is a big part of the shared experience.