



Olé Guacamole!

Here is an activity to be done during **Week 4** of the 2019 *Health Challenge (Défi Santé 2019)*, which is themed **Mealtime Funtime**. Accompanied by crackers, this guacamole will be a hit with students at snack time!



Age group:

Multiage

Required material:

- Knives, clean scissors and cutting boards
- Citrus press (or forks)
- Large bowls, forks, teaspoons and mixing spoons
- Aprons (optional)
- Ingredients of the recipe (details on next page)
- Whole grain crackers (as a side dish)
- Plates for tasting

Skills

Aspect of the overall skills developed by the student:

- Affective
- Cognitive
- Moral
- Psychomotor
- Social

Educative intent:

At the end of this activity, the student will have developed a sense of cooperation with peers.

Professional expertise put forward by this activity:

- Planning and organization of activities for children and groups of children

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Approach

1. Make sure that no students are allergic to any of the ingredients in the recipe.

2. Wash your hands and thoroughly clean the table where you will cook.

3. Get ready

Wash the coriander, the lime and the Italian tomatoes. For even cuter appetizers, use small cherry tomatoes.

For a successful guacamole, use ripe avocados. Choose fruits that are dark green and that yield slightly when you squeeze them. Avoid avocados that are not ripe enough (lighter green and hard) or too ripe (brown and very soft).

4. Take out the ingredients of the guacamole (for 10 stuffed tomatoes)

- 2 ripe avocados
- 1 lime
- 1 bunch of fresh coriander
- 1 green onion
- 1 pinch of salt
- 1 pinch of ground pepper
- 10 Italian tomatoes
- Whole grain crackers

5. Make the guacamole

On a cutting board, cut the avocados in half and remove the pit. Watch out for your fingers!

With a spoon, remove the avocado's flesh and crush it in a large bowl with a fork.

Press the lime with a citrus press (or a fork if you do not have one) to get juice. Pour the juice over the avocado puree.

Cut the coriander and green onion into small pieces using clean scissors and add them to the bowl.

Add salt and pepper and mix well.

On the cutting board, cut the tomatoes in half lengthwise. Seed them.

Garnish the tomatoes with guacamole.

6. Enjoy!

Serve the guacamole on whole grain crackers or on stove-grilled pita triangles. The guacamole should be eaten right away because avocado flesh turns brown (oxidizes) in contact with air.

7. Tell us about your experience

Don't forget to take a picture of the activity and send it to info@defisante.ca!

NOTE TO ADULTS: In order to avoid injuries, supervise students when they are using the knife.



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