

Montessori Recipe: Simple Guacamole

Guacamole is more than a tasty snack—it's a fun, hands-on Montessori activity that brings children into the heart of Hispanic culture. By preparing this dish, children practice real-life skills like scooping, mashing, and squeezing while building independence and confidence. Best of all, cooking together creates opportunities for community, sharing, and celebrating cultural traditions in the classroom or at home.



What You'll Need (child-sized portions):

- 2 ripe avocados
- 1 small bowl
- 1 child-safe knife or butter knife
- 1 spoon or fork for mashing
- 1 lime (cut into wedges)
- A pinch of salt
- (Optional) a small amount of finely diced tomato or onion



Steps for Children:

1. Place the avocado on the cutting board. With adult help, cut the avocado in half.
2. Use a spoon to scoop the soft avocado into the bowl.
3. Mash the avocado with a fork until it is smooth (or leave it a little chunky).
4. Squeeze one lime wedge into the bowl for flavor.
5. Sprinkle in a little pinch of salt.
6. Stir everything together with your spoon.
7. Taste your guacamole! Share it with friends using crackers, veggie sticks, or tortilla chips.

Learning Benefits:

- Builds fine motor coordination (scooping, mashing, squeezing)
- Teaches sequencing and following steps
- Encourages independence and confidence
- Connects children with Hispanic culture through food
- Promotes community and sharing at snack time

✨ *Montessori Tip:* Always demonstrate each step slowly first, then invite the child to try. Step back and allow them to enjoy the process—even if it gets a little messy!

