

Guatemalan Guacamole

In Guatemala, people eat avocados almost every day. For parties and celebrations, they make guacamole! Be sure to get an adult's help.

3 avocados

1 tablespoon chopped onion

1/2 teaspoon dried oregano

juice from 1 lime

1/2 teaspoon salt

Cut avocados in half and remove the pits with a spoon. Scoop out the avocado and use a fork to mash it up. Stir in the rest of the ingredients, and serve with tortilla chips.

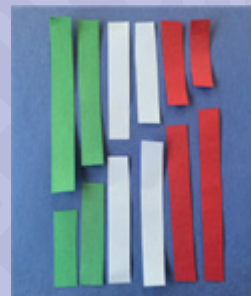


Quetzal Craft

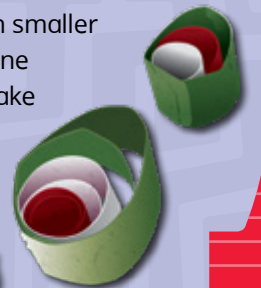
Quetzals are Guatemala's national bird. They live in high mountain forests. It's said that quetzals can't survive in cages, so these colorful birds represent freedom!

3 colors of paper
scissors
glue

1. Cut 6 strips of paper and cut into gradually smaller sizes.



2. Glue 3 strips into circles and glue each smaller circle inside one another to make the body.



3. Use 3 strips of paper to make more circles for the head.
4. Glue the last 3 strips to the body to make a tail.



5. Make a beak and eyes with markers or paper.

