

Healthy Dips

Warm Up- Spicy Salsa Dance

Target Grades: K-5

Goal: Salsa is a type of Latin American dance. Its fast-paced moves provide a great way to be active.

Direct Teach:

- Salsa, guacamole, and hummus are delicious foods. Add a little flavor to any mealtime using salsa, guacamole, and hummus.
- Salsa and guacamole are healthier options compared to cheese dips and salad dressing. Avocados help keep our heart, skin and brain healthy!
- Review Types of salsa and their ingredients:
 - Black Bean Corn Salsa: Black beans, corn, onion, tomatoes, cilantro
 - Mango Salsa: Mango, cucumber, onion, cilantro, chili pepper
 - Tomato Salsa: Chili peppers, cilantro, onion, tomatoes
 - Guacamole: avocado, lemon or lime juice, tomatoes, onion, cilantro.

Activity:

- The instructor directs the participants through the following skills:
 - Start by standing still with both feet together. Step the right foot out to the side, then step back in place with the right foot. Repeat the same pattern immediately to the left. Count one-and-two; three-and-four, as you move to keep the salsa rhythm!
 - Then try adding arm movements as if you are running. Move your hips like you were dancing to music. If you really want to explore your dance moves, try stepping one foot forward and back to the center. Immediately followed by the opposite foot stepping back and forward to the center. Make sure to keep your arms and hips moving.
- Explain that dancing is a way to get your heart rate moving and have fun.

Additional modifications or extensions for virtual classrooms:

- Have students share recipes of their favorite healthy dip or salsa recipe. Compile these ideas and share in a classroom recipe book.
- Have students share their favorite dance music. Create a playlist on Spotify or compile on the list for your “Class Dance Track” compilation.

Professional Standards:

K-1 HE 115.2, b, 1, B; 115.2, b, 1, C; 115.2, b, 3, B; 115.2, b, 4, B; 115.3, b, 1, A

K-1 PE 116.2, b, 2, B; 116.2, b, 7, A; 116.3, b, 1, A; 116.3, b, 7, A

2-3 PE 116.4, b, 1, E

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4-5 HE 115.7, b, 1, F; 115.22, b, 1, H
4-5 PE 116.6, b, 1, E; 116.6, b, 3, E; 116.6, b, 7, A; 116.7, b, 7, A
6-8 PE 116.22, b, 1, A; 116.23, b, 4, E; 116.24, b, 4, D
9-10 HE 115.32, b, 5, B
9-10 PE 116.52, b, 2, A; 116.52, b, 4, B; 116.54, b, 3, A