

III. LESSON 3 – *The Cocoa Conga*

Topics: from cocoa bean to chocolate, active movement

Time: 40 minutes

Curriculum Content Area Standards: Language Arts, Geography, Life Skills

Overview: Students will revisit and reinforce the journey of the cocoa bean from farm to factory using a series of role-play movements imitating the cocoa to chocolate journey and encouraging physical activity.

Objectives: Students will:

- Be able to act out the sequential journey of the cocoa bean from farm to supermarket.
- Appreciate the many steps involved in making chocolate, from farm to factory.
- Learn that physical exercise is fun!

Assessment: participates in activities; demonstrates observation skills and follows directions; demonstrates understanding of a sequence

Materials: *The Cocoa Conga Dancing Explorers Activity Sheet*, music and CD player (optional), sufficient cleared space in the classroom or outside for each student to feel free to move without bumping others or objects in the classroom

Methods: Role-play, active movement

Learning Activities: 1) Introduction 2) Learning and Practicing the Cocoa Conga 3) Closure

Vocabulary: conga, movement, physical exercise

Part 1: Introduction – Dancing Explorers

Now let's act out what is going on in each picture!

Using the dance, we'll tell the story from Cocoa Tree to Chocolate in your Belly YUM YUM!

1. **Tell the students they are going to learn some movements for acting out the story of how the cocoa bean gets turned into a chocolate bar!** They should follow directions as best as they can and try not to bump into their neighbors.

See Cocoa Conga Dancing Explorers Activity Sheet for directions.

2. **Remind the class that physical exercise is an important part of growing up healthy.** Exercise can be fun – like dancing to music you like or making up your own dance to tell a story!
3. As the teacher or leader, you can read the sequence and model the movements to music, or students might like to make up their own play or class poem about the cocoa journey. To make it more dance-like, teachers can choose two movements for the students to memorize. Or, the class can be divided into groups so each group models one movement.
4. You may look for a CD of **conga** music, telling students that the conga is a kind of rhythm, as well as a type of drum that is used in music from Latin America and Africa. Or you may find any music with a strong rhythm, have some of the students participate in keeping a rhythm on drums or other instruments, or just choose not to use music with the movements. Be creative!

The **conga** is a rhythm originally from Cuba. The **conga** is also the name for a Cuban drum of African origin, used in *rumba* as well as many types of *salsa* music, from all over Latin America.

5. Your class might perform the dance for the school, and tell everyone about Fair Trade!
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The Cocoa Conga: Dancing Explorers Activity Sheet

Dance your way from cocoa tree to chocolate bar.

*Using the dance, we'll tell the story
from Cocoa Tree
to Chocolate in my Belly
YUM! YUM!*

*The farmers work hard
In very hot weather
Caring for the trees
To make the cocoa better*

*That's just the start
There is more than this part
We'll say it aloud
As we dance all around*

Let's do the cocoa conga!

1. The cocoa farmers take care of the cocoa trees, making sure the trees grow happy and healthy, like ME.

Squat down like a baby cocoa tree. Then GROW! Slowly stand up tall and stick your hands out to your side like branches. You're a healthy cocoa tree. Smile!

2. The farmer watches for the cocoa pods to ripen. When the pods are ripe, the farmer stretches up high and sometimes climbs up into the tree to pick the cocoa pods.

Now EVERYBODY BE A COCOA FARMER!

Scan the trees for cocoa pods. Then stretch your arms up high to grab the pods. Then move your hands and feet up and down like you're climbing up a cocoa tree!

3. Farmers open the pods to take out the beans.

Pretend you are cutting open the pods. Scoop out the beans with one hand and put them in an imaginary basket.

4. Then they spread and dry the beans in the hot, hot sun.

You be the sun! Wave your arms up at the sky and wiggle your fingers to warm the beans!

5. After 10 days the beans will be just dry enough....

Stand up and wave your arms like the rising sun, then squat down low like the setting sun. Do this ten times until the beans are just right.

6. The farmers put all the beans in sacks.

Pretend to shovel the beans into a sack.

7. They take the sack to be weighed and loaded onto the truck to go to the ship.

Pick up the imaginary sack with your hands and throw it up over your shoulder. Walk around the room in a circle and unload your heavy imaginary sack onto the truck.

8. The ship travels across the sea to the factory where the cocoa beans get squashed and mixed with milk and sugar to make chocolate.

Clasp your hands together and move them in a circle like you're mixing a big pot of chocolate!

9. Then imagine you have a big bar of chocolate in your hands.

Take a big bite and rub your belly. Yum!

And that's the cocoa conga!