



**SALSA a recipe for celebrating  
Life & Learning**

Presented by:

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# Ingredients

- Tomato (Natural Talents/Skills)
- Onion (Layers of Success)
- Salt (Dreams/Goals)
- Lime (Personal Values)
- Spice (Culture)
- Jalapeño (Painful Past)



# Tomatoes

## Main Ingredient

- Natural Talents and Experience
- Your main ingredient
- Reasonable, Diplomatic, Enthusiastic, Artistic, Clever, Flexible, Loyal, Kind, Practical, Good-Natured, Jolly, Intelligent, Optimistic, Warm, Zealous, Youthful, Tactful...etc.
- Handy with \_\_\_\_\_, Extra Good at \_\_\_\_\_.



# Onion

## Layers of Success

- Throughout our lives we have each experienced many successes. With each success we become stronger and more willing to try new things. Just as an onion grows in layers, we each have lives that are layered with success.
- What were your successes when you were a small child, a grade school student, a teenager, and an adult?
- What are your successes in this class?
- What successes would you like to have in the future?

# Salt

- Salt is a preservative as well as a seasoning. Our dreams and goals are the salt of our lives. Dreams help us to preserve when times get tough and they flavor and enrich the good times.
- What are your dreams for your future? What kind of life do you want for yourself and your family?



# Lime

Represents your  
Personal Values

Use them to balance the flavor

- Love, Achievement, Money, Adventure, Education, Power, Health, Environment, Family, Religion, Home...etc.



# Personal Values

1. Achievement (a sense of accomplishment)
  2. Advancement (promotions)
  3. Adventure (new and challenging experiences)
  4. Affection (love and caring)
  5. Cooperation (working well with others, teamwork)
  6. Financial security
  7. Fame (being famous, well known)
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- A photograph of a whole green lime and a lime slice. The lime slice is on the left, showing its internal segments and seeds. The whole lime is on the right, showing its textured green skin. The background is white.

# Personal Values

8. Family happiness
  9. Freedom
  10. Friendship
  11. Health
  12. Helpfulness (assisting others, improving society)
  13. Inner harmony (being at peace with oneself)
  14. Integrity (honesty, sincerity, standing up for your own beliefs)
  15. Loyalty (duty, respectfulness, obedience)
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- A photograph of a whole green lime and a lime slice. The lime slice is on the left, showing its internal segments and white pith. The whole lime is on the right, showing its textured green skin. Both are set against a plain white background.



# Personal Values

16. Personal development
17. Pleasure
18. Power
19. Recognition (respect from others, status)
20. Religion
21. Responsibility
22. Self-respect
23. Wealth
24. Wisdom





Spice  
Represents your culture

Group work



# Jalapeño Painful Past

The really Hot stuff!

Remember:

1. You must face your past to draw strength from it.
2. Your past gives you depth of character, and wisdom!
3. Take only that which can help you and your dreams.



# Jalapeño Painful Past

The really Hot stuff!

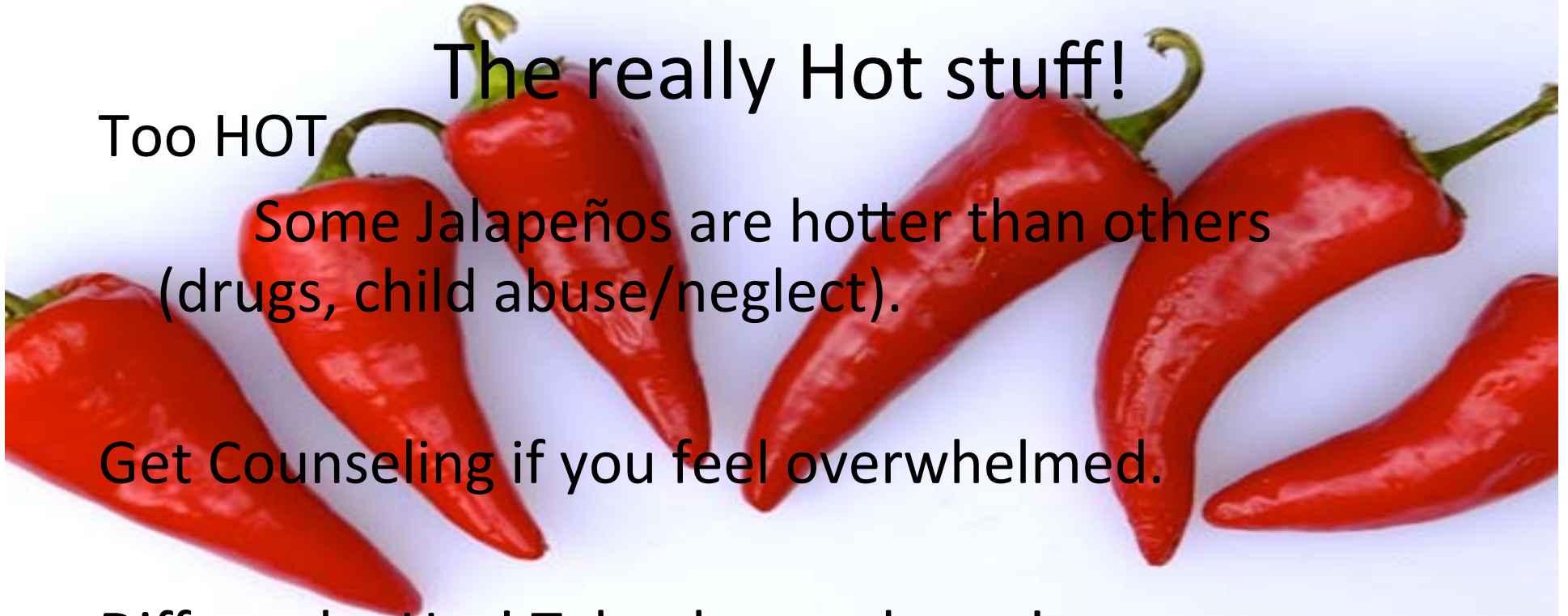
Too HOT

Some Jalapeños are hotter than others  
(drugs, child abuse/neglect).

Get Counseling if you feel overwhelmed.

Diffuse the Hot! Take the seeds out!

Now let it go and move on!



Jalapeño

Painful Past

The really Hot stuff!

richardxthripp.deviantart.com

SALSA WITHOUT JALAPEÑOS WOULD ONLY BE  
KETCHUP



A red telephone handset is positioned diagonally across the top half of the slide. Below it, a grey envelope is shown with a large blue '@' symbol on its front. The title 'Contacts' is centered at the top.

# Contacts

- Puga, Lidia – National City Adult School  
(619)336-9405 [lidia.puga@suhsd.k12.ca.us](mailto:lidia.puga@suhsd.k12.ca.us)
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Thank you