

Lesson 1: 5 A Day

For Elementary-Level General Music Classes

The flagship song of Dole's 5 A Day program, "5 A Day" is a great introduction to the whole idea of eating fruits and vegetables every day. With singing, rapping, and an irresistible beat, it shows that it's simple as 1-2-3-4-5 to be cool and healthy.

Note to Teachers: While these lessons are written for the third- and fourth-grade levels, they are adaptable for lower and higher grade levels. Depending on the level of your students and the amount of time weekly in class, these lessons may be appropriate for K-2 or 5-6. You know your students best and are most qualified to adapt these lessons to your teaching style, your students, and your classroom needs. Please note that the challenge sections are designed for more advanced students.

Objectives:

- Identify spoken (verse) vs. sung (chorus) sections.
- Identify meter, play on beats 2 and 4, notate the pattern.
- Read, play melody of refrain.

CHALLENGE OBJECTIVE:

- Identify tonal center of the recording.

National Standards:

- Standard 1: Singing alone and with others a varied repertoire of music
- Standard 2: Performing on instruments, alone and with others, a varied repertoire of music
- Standard 5: Reading and notating music
- Standard 6: Listening to, analyzing, and describing music
- Standard 8: Understanding relationship between music, the other arts, and disciplines outside the arts
- Standard 9: Understanding music in relation to history and culture

Related Learning–Nutrition:

- The goal of the national "5 A Day for Better Health" Program is to encourage all Americans to eat 5-9 servings of fruits and vegetables a day. All national health authorities recommend eating at least "5 A Day," yet children and adults eat only about half of the fruits and veggies needed for good health every day. Music, song and dance brings this important health message to life for everyone.

Materials:

- Recording, Track 1: "5 A Day"
- Piano, bells, or Orff instruments
- Chart showing melody of chorus of "5 A Day"
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- Keyboard Chart

Prior Knowledge and Experiences:

- Basic understanding of 4/4 meter
- Some acquaintance with quarter notes and rests

- Pitches of treble clef

Procedures:

1. Introduce the form of the song.

Have students:

- Listen to decide if there are both spoken and sung sections in the song (yes).
- Listen again, identify spoken and sung sections by standing on the sung sections and sitting on the spoken ones.
- Discuss and clarify the form, focusing on basic understanding of verse and chorus of a pop song (spoken verses alternating with sung choruses).

2. Perform a rhythm pattern with the song.

Have students:

- Listen, tapping the strong beat to identify the number of beats per measure (four).
- Clap on beats two and four during the verses only.
- Identify the notation for the pattern they clapped, and write it. It should look like this:



3. Play the melody of the refrain. It looks like this:



Have students:

- Sing the chorus melody with letter names from chart or chalkboard.
- Sing the letter names and point to the pitches on a keyboard.
- Take turns playing the melody without, then with, the recording (on piano, bells, or Orff instruments) as they sing the chorus, following a conductor.

CHALLENGE:

Lead the students to discover the tonal center, found on the first note sung in the chorus, on the word "One." Have students quietly sing the tonal center on a neutral syllable as they listen to the song.

Nutrition Messages–Ideas:

Have students:

- Discuss the chorus of the song and why it's important to eat at least 5 servings of fruits and vegetables a day.
- Name all of the fruits and veggies they like to eat for breakfast, lunch, snacks and dinner.
- Talk about how the "5 A Day" song can motivate them to eat 5 servings of fruits and vegetables a day.
- Use the "5 A Day Stadium" on the [5 A Day Adventures CD-ROM v.2000](#) to learn about 5 A Day and the Food Guide Pyramid.
- Perform in the [5 A Day Live Play](#) to share their excitement about 5 A Day with their school, families and the community.
- Make a 5 A Day goal, and use the [How'd You Do Your 5 Today?](#) chart to keep track; compare to 5 A Day goal.
- Use the [Fun with Fruits and Vegetables Kids' Cookbook](#) to make great tasting recipes.
- Tell families and friends about 5 A Day.