

# Lesson 9: Broccoli

## For Elementary-Level General Music Classes

If James Brown was eating his broccoli, he probably would have written a song like this. Broccoli is one of the best foods you can eat, earning it a song all its own. Like its namesake, "Broccoli" is packed with great stuff.

**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:

- Figure out rhythm notation for phrases describing the benefits of broccoli.
- Compose four-measure patterns, using the rhythms of these phrases.
- Devise criteria for evaluating their compositions.
- Play the rhythm patterns with the recording.

### CHALLENGE OBJECTIVE:

- Note similarities between this song and other soul classics.

### 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 4: Composing and arranging music within specified guidelines
- Standard 5: Reading and notating music
- Standard 6: Listening to, analyzing, and describing music
- Standard 9: Devise criteria for evaluating their compositions

### Related Learning–Nutrition:

- Dark-green, leafy vegetables like broccoli are super-vegetables because they are loaded with vitamin A, vitamin C, fiber and phytochemicals. Children should be encouraged to eat more dark-green, leafy veggies.

### Materials:

- Recordings, full vocal and instrumental, Track 9: "Broccoli"

### Prior Knowledge and Experiences:

- Basic understanding of quarter notes, eighth notes, and sixteenth notes in 4/4 meter

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### Procedures:

1. Introduce the song to identify its style and content.

Have students:

- Identify the style (soul).

- For advanced classes: Discuss the form of this song (AABA), as it is different from the others. It has no chorus, but it has a bridge or B section. There are no interludes. There is a vamp at the end that allows the singer to add some commentary, something very typical of soul music.

2. Create rhythm notation for some of the benefits and components of broccoli and create your own rhythm pattern—write a rap!

Have students (in small cooperative groups, or as a class):

- Devise criteria for evaluating a speech composition. For example: Clear rhythm, relatively easy to play and say, easy-to-grasp form, definite ending, and so on.
- Select four of the benefits of broccoli named in the song and, with your help, figure out and notate the rhythm of each, trying for four-beat combinations that start on beat one of the measure (no upbeats, for simplicity). Then, put the four in an order that creates an interesting and effective four-measure section. For example:

High in Fiber 

Source of Vitamin A 

Has Beta Carotene and 

Vitamin C 

- Evaluate their compositions and make any desired changes.

3. Play the rhythm compositions.

Have students:

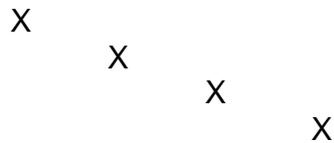
- Practice clapping their rhythms.

- Select instruments to use in playing the patterns.
- Practice playing the patterns at the tempo of the recording.

4. Identify places in the recording where they will play, then perform the patterns with the recording.

Have students:

- Listen to the recording and raise hands when they hear phrases that begin with a descending melodic contour like the following diagram (write the diagram on the chalkboard):



(This melodic configuration occurs at the beginning, on the words "real cool veggie" and in several other places throughout the song.)

- Perform their patterns with the recording, particularly with the instrumental version.

**CHALLENGE:**

Play a recording by James Brown ( "I Feel Good" is a good song to use) and ask students to describe how "Broccoli" is similar in style to Brown's classic soul music. Musical similarities include: comparable instruments, including horn sections; gospel-like enthusiasm of the lead singer; improvisation on the melody throughout the song.

**Nutrition Messages–Ideas:**

Have students:

- Name all of the nutrients found in broccoli and other dark-green leafy veggies
- Make a list of dark-green, leafy veggies and discuss how they are going to try to eat more of them.
- Use the "Adventure Theater" module of the 5 A Day Adventures CD-ROM v.2000 to learn about why broccoli is a super-vegetable!
- Use the "Phyto Parade" module of the 5 A Day Adventures CD-ROM v.2000 to learn about the phytochemicals found in broccoli.
- Use the Fun with Fruits and Vegetables Kids' Cookbook to make "Trees in A Broccoli Forest."