

Lesson 7: Phytochemicals

For Elementary-Level General Music Classes

Don't know this word? You will when this song is over. They're phyto, and not only are they great for your body and found in most fruits and vegetables, they're the subject of this very fun and singable song. Your kids will be marching around the room!

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 the song style.
- Identify the song form.
- Create movement, which shows the song form.
- Improvise rhythm accompaniment, which shows the song form.

CHALLENGE OBJECTIVE:

Identify modulations in the recording.

National Standards:

- Standard 1: Singing 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:

- Phytochemicals are the new thing in nutrition! They're found in colorful fruits and vegetables, so think yellow, orange red, and green. Phytochemicals, or “phytos,” have many important health benefits and fight to protect health.

Materials:

- Recording, Track 7: "Phytochemicals"

Prior Knowledge and Experiences:

- Basic understanding of beat and same/different sections

Procedures:

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

Have students:

- Identify the style of the song (march).

- Discuss how this is a "fight song," and is similar to fight songs for colleges or the armed forces. Note the use of the words "they fight, fight, fight" to help students pronounce the word "phytochemicals."

2. Identify the song form and introduce melodic phrases.

Have students:

- Listen to identify the form (three verses + coda). Focus on the concept of "melodic phrases" within the verses. Each verse begins with two similar phrases, the second higher than the first and so on. Students can recognize this and refer to this as a musical sequence. Verses 1 and 2 are followed by interludes, each of which also contains a modulation.
- Discuss and outline the song form together:

Verse 1

First phrase: "Phytochemicals"

Second phrase: "They number in the thousands. . ."

Third phrase: "They're the new thing in nutrition. . ."

Interlude:

"You'll find them in your vegetables. . ."

Verse 2

First phrase: "Phytochemicals"

Second phrase: "There certainly are lots of them. . ."

Third phrase: "They're the plant food champions. . ."

Interlude:

"Find them in your vegetables. . ."

Verse 3

First phrase: "Phytochemicals"

Second phrase: "Healthy for your body. . ."

Coda:

"Flavinoids, indoles, and carotenes. . ."

3. Create movement that illustrates the song form. Here's a suggestion:

Verses:

Students march in a circle on phrase 1, and march in place on phrase 2, clapping to the beat.

Interludes and coda:

Students march around the room randomly, moving away from their places in the circle then returning to their places for the end of the verse. Repeat for next verse.

4. Improvise a rhythm accompaniment that shows the song form.

Have students:

- Play drums to the beat on phrase 1.
- Play wood instruments to the beat on phrase 2.
- Play cymbals to the beat on interludes and coda.

- Form two groups, one that moves and another that plays instruments. Switch roles and repeat.

CHALLENGE:

Have students identify the tonal center and modulations in the recording. The tonal center is demonstrated in the first pitch of each verse. There are two modulations, and both occur during the interludes, "Find 'em in your vegetables, find 'em in your fruits," preceding the next verse. Students should be able to sing along and hear them.

Nutrition Messages–Ideas:

Have students:

- Discuss why phyto are important to good health.
- Discuss why colorful fruits and veggies are loaded with phyto and nutrients.
- Make a goal to eat more colorful yellow, orange, red, and green fruits and veggies every day.
- Use www.dole5aday.com to research which phytochemicals are found in fruits and veggies.
- Use the "Phyto Parade" module of the 5 A Day Adventures CD-ROM v.2000 to learn about phytochemicals.