

Teaching Artist Lesson

Nutrition Beat

Developed by: Mark “Chef Moving Mark” Vanek
“Nutrition Beat” lyrics written by Diane McNeal Hunt
Artform(s): Dance/Movement, Music

Description

Join Chef Moving Mark in his kitchen to learn about nutrition through rhythm and song.

Learning Objectives

Students will:

- Learn about the four basic food groups: fruits and vegetables, grains, meats, and dairy.
- Keep a steady beat to the rap “Nutrition Beat.”
- Follow “call and response” method of reciting song lyrics.

Students’ Prior Knowledge Necessary For This Experience

- Students should be able to understand the difference between, fruits, vegetables, grains, meats, cheeses, and sweets.

Vocabulary

Arts Vocabulary:

- Body rhythm: rhythm sounds made by using the body as an instrument.
- Call and response / echo: phrase is stated then repeated.
- Steady beat: unchanging timing of beats.
- Unison: all together; at the same time.

Curriculum Content Vocabulary :

- Balanced meal: eating a healthy combination from different food groups.
- Healthy: strong skin, bones, muscles, mind, and spirit.
- Nutrition: eating healthy and balanced meals.

Materials Needed

- Pictures or samples of fruits, vegetables, grains, meats, dairy, and sweets
- Lyrics for “Nutrition Beat”

Lesson Plan

Warm Up

- Chef Moving Mark” (or teacher) sings a greeting song, e.g., use the melody from the “Good Morning” song in the movie *Singin’ in the Rain*

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Good Morning Song

Lyrics by Diane McNeal Hunt

Good morning, good morning!
It's great to see your face.
Good morning, good morning!
To you and you and you and you...

Good morning, good morning!
It's great to see your face.
Good morning, good morning!
To YOOOOOOOOUUUUU!

Main Experience

- Chef Moving Mark (or teacher) shows a variety of foods and talks about different food groups and how a little from each group helps create a balanced meal.
- Using the call-and-response method, practice memorizing the "Nutrition Beat." Teacher says one line, and then students repeat.

Nutrition Beat

Lyrics by Diane McNeal Hunt

Fruits and vegetables, grains and meats,
Cheeses are the things that we could eat.
Sometimes sweets, but not a lot,
'Cuz we don't want our teeth to rot!
To grow up healthy, big, and strong,
Eat the right food, and not the wrong.

- Use gross motor skills to create body rhythms.
 - Pat, pat, clap: two pats on knees or desk, then one clap.
 - Practice keeping a steady beat using this body rhythm.
 - Try it slowly and then get faster and faster.
- Put body rhythm and song lyrics together, still using call-and-response method.
- Finally, put body rhythm and song lyrics together but sing in unison.

Wrap Up

- "Well, my friends, it's time for Chef Moving Mark to get back to cooking, so remember to eat the right foods and not the wrong!"

Intentional Questions

Open-Ended

- What is your favorite food?
- What is your favorite fruit? Vegetable? Meat?
- What could happen if you ate too many sweets?

Problem Solving/Critical Thinking

- How could you change your favorite food to make it healthier?

Factual Questions

- What is a fruit?
- What is a vegetable?
- What is a type of meat?
- What is a type of dairy?