

LEARNING ACTIVITIES: ©Gaye Adegbalola

SONG #2 ~~ BLUES FOR THE GREENS

FLAVOR: PIEDMONT BLUES THEN BLUES ROCK

- Go to the grocery store and find all 10 of the greens mentioned in this song. Select one and help to prepare it. Pick one each week until you have sampled all 10. Which do you like best?
- For the green vegetable that you like best, write out the steps for how to prepare it. Look at one of the cooking shows on television. Have someone video tape you as you prepare the greens. Act like you are a professional chef.
- You have seen many ads on television for all kinds of foods. Also, there are ads in magazines. Take notice of different ads and see which ones are interesting to you. Now it's time for you to create an ad for your favorite greens. Keep in mind that you want to get other kids to eat your favorite greens. You can create this as an ad for a magazine or an ad for television.
- There are other interesting green vegetables that are not mentioned in the song. Here are 3 veggies that begin with the letter "A": Asparagus, Artichokes, and Avocado. All 3 are sort of weird looking. Draw a picture of all 3. In the song, we say that broccoli is cute because it has such a cute, bushy head. Which of these three looks "cute" to you?
- Some foods are called "spices." These are usually vegetables and they have a strong flavor. They are used to give flavor to other foods. Many of them are green. 3 green spices are Parsley, Basil, and Oregano. The one that is often used is oregano. It is usually put on spaghetti. When you have spaghetti, try it with and without oregano. Which do you like better?

SPECIAL LINKS:

• JOHN CEPHAS & PHIL WIGGINS

The blues flavor that starts this song is Piedmont Blues. One of the best Piedmont style players is John Cephas. In this video, http://www.youtube.com/watch?v=rFs0fm_Btyk, look at the thumb on Mr. Cephas' right hand. It moves back and forth on the lowest string on the guitar. Here he plays the Richmond Blues with harmonica player, Phil Wiggins.

• 7 YEAR OLD ZOE PLAYS ROCK GUITAR:

<http://www.youtube.com/watch?v=X4Kjtp4sA9E&feature=related>

SPECIAL VOCABULARY: VITAMINS & MINERALS

The song says that "vitamins and minerals make you strong." Both vitamins and minerals are found in foods and are essential for the nourishment of the body. When the body lacks some of these, a person might become weak or sick. Specific vitamins and specific minerals have specific jobs in the body. For example, if a person does not get enough Vitamin D in his/her food, s/he might have very weak bones.