

## Who am I? Guess!

Apple  
Track  
32

Tune: If you're happy and you know it

*I'm red and round with pips inside my tum  
I'm red and round with pips inside my tum  
I'm crispy when you crunch  
I'm wonderful for lunch  
I'm red and round with pips inside my tum*

Each food is introduced with this song.  
Apple is the model for the remaining 6.



says "EXPLORE ME"



What colour am I? Is anyone wearing this colour?  
Is anything in the room this colour?  
Describe my shape.



Make that shape with hands and fingers.  
Make that shape with other parts of your body.  
How do I feel, am I rough or smooth?  
Why are my top and tail different?



How do I smell?



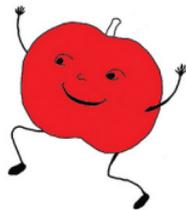
How do I taste?



Enjoy!

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# APPLE



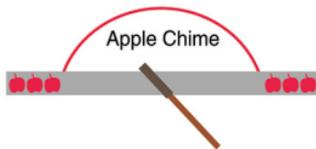
says "CREATE APPLE CHIME"

Find the Chime and red cord in Apple plastic folder.

 Chime (58.50 cm)

 Cord (60 cm)

Thread the cord through the first hole and pull to the near end. Tie a knot in the cord and pull it back for knot to settle under the hole. Repeat process at the other end ... you may need tweezers.



Decorate the end with Apple Stickers and play gently with the donger

## LISTEN AND LOOK

How am I playing the Chime?      Why is the Chime red?  
By blowing?                              Can I make a different sound with  
By tapping?                                a different donger?  
How does it sound?                      Is Chime warm or cold to the touch?  
Is it made of metal or wood?          How can you stop the sound?

Everyone takes turns in playing Apple Chime.

Just as the letter A starts the alphabet, a red Apple begins Foodnotation. This link of an initial letter beginning a food and its note name is a direct way into reading and writing music. Colour binds these elements into a whole concept.

## CHEF SAYS



"FOOD and MUSIC are at the core of Muzikit. Together, they feed the body, mind and spirit and we cannot live without them!

Recipes, Rhymes, Stories and Sounds are major ingredients in MAINS. You choose what you like from the 7-food MENU.

Last note from Chef ... a bevy and a bite is a good start to a session."



says "EAT ME"

## Apple Slices

- Apples
- Lemons
- Brown sugar
- Cinnamon

Peel an apple(s) and slice into bite sized pieces. Arrange slices in a flower shape on a plate then sprinkle lemon juice. Finish with a dust of mixed brown sugar and cinnamon. Eat with your fingers or cocktail sticks for fun!

## Apple Stars

Slice an apple horizontally to make discs. The seeds form a star pattern which can be drawn before munching. Any sort of dip is a nice addition if desired.

## Apple Smoothie

Throw frozen apple pieces into a blender with mango juice and honey. Enjoy!

**Who am I? Guess!**

Tune: **If you're happy and you know it**

*My colour is the brightest of the bunch  
My colour is the brightest of the bunch  
I am really most appealing  
With a very special feeling  
My colour is the brightest of the bunch*



# BANANA


**says "EXPLORE ME"**


What colour am I?

What shape am I?

What can you see if you cut off my end?



Can you feel my shape and describe it?

Why are my ends different?



How do I smell?

Do I smell the same when I have been peeled?

When do I smell different?



How do I taste to you?

Does my taste change at any time?

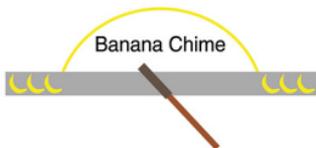
Does banana always feel soft to eat?



Watch hospital residents in Romania explore and eat their bananas.


**says "CREATE BANANA CHIME"**

Repeat instructions as in Apple.



Play my music note B.

**LISTEN AND LOOK**

Let everyone play Banana Chime. Encourage playing in the middle of the chime with a gentle touch.

Compare the length of Apple and Banana Chimes by looking at them. Which one is longer?

Is Banana Chime lower or higher in pitch than Apple?

**PLAY AND SING AND SAY**

Ask everyone in turn to play Banana Chime then sing the food name – banana, and say its first letter – b.


 says "EAT ME"
**Spicy Slices**

Cut a banana into slices. Sprinkle on a little lemon juice and a pinch of cinnamon.

**Banana Milkshake**

-  Banana
-  Honey or sugar
-  Milk
-  Ice

Peel the banana and put into the blender with the rest of the ingredients.

**shake, rattle 'n' pour!**

**Dancing Banana**

Find words for making a banana milk shake, mashing, sprinkling, pouring, whisking.

Encourage movement ideas and matching mouth sounds.  
Fix the order of the recipe by giving voice cues.

Finish with a crazy dance shakin' banana skins, fingers, bums and bananaracas.

## Who am I? Guess!

Tune: **If you're happy and you know it**

*I'm growing in the soil and make no sound  
I'm growing in the soil and make no sound  
So dig down underground  
That's where I am found  
My roots are deep and growing in the ground*

## says "EXPLORE ME"

Have young carrots and old ones to discover differences.  
Firm tops, smooth and smaller.  
Larger, wrinkles, no foliage.

If appropriate suggest a blindfold experience.

Carrot colour? Avoid 'orange' as a descriptive word!  
Show an orange to demo similar colour of another fruit.

## says "EXPLORE ME"

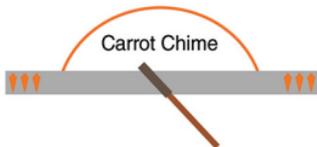
Find Carrot rezi-rezi and chopstick scraper in Muzikit Box.



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# CARROT

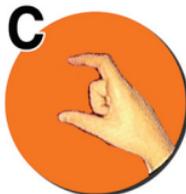
## says "CREATE CARROT CHIME"



Play my music note C.  
Compare length and pitch of Chimes ... Apple, Banana, Carrot.  
Talk about alphabetical link.  
Find first names matching A, B, C.  
Make up rhymes:  
*"Ana had an apple for lunch  
Ben peeled a banana for brunch  
Cathy sliced a carrot for a crunch"*

## CREATE A LOOK AND PLAY GAME

Can you remember the signs for A and B?  
Use these silent signals for playing the matching note on Apple, Banana, Carrot Chimes.



## says "EAT ME"

### Carrot dips

Tune: **Frère Jacques**

*Slice me, slice me  
Slice me, slice me  
Into sticks, into sticks  
Add a green cucumber  
Dance a rhythmic rumba  
Yogurt too  
Lovely goo*



### A healthy snack

*Our scrapey instrument wooden carrot  
Goes down, up down just like a parrot  
Keep it going – grate, grate, grate,  
Says Apple and Carrot or we'll be late.*

Have we enough?  
**NO!**

Do some more.  
Ready to pour.  
Oil and lemon juice  
Then a 'ssch' of sugar  
**FOR SURE!**



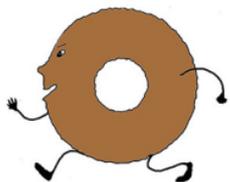
### Carrot Mash

Peel, dice and cook till tender. Add a splash of coconut milk and a pinch of chilli powder.  
**Smashing!**

**Who am I? Guess!**

Tune **If you're happy and you know it**

*I'm the only carbohydrate in the pack  
I'm the only carbohydrate in the pack  
I'm sugar saturated and never underrated  
I'm the only carbohydrate in the pack*

**DONUT****NOW YOU HEAR IT NOW YOU DON'T**

Play Donut Chime behind the hidey-screen, keeping the group in sight to watch their responses.

Ask them to listen and put up a hand when they **CAN NOT** hear the sound any longer. When the Chime sound stops ask for some feedback:

Who found it easy to hear when the sound finished?

Who found it difficult to hear when the sound finished?

Would it have helped to see the Chime being played?

Repeat the activity and suggest that closing eyes might help to concentrate on the listening.

This is a demanding listening skill and some impatient listeners may respond prematurely. More seriously some may have hearing impairment which could come to light ... watch out for this. Build listening confidence by repeating this activity over time.

**PLAYING STEPS AND JUMPS**

Using the four Chimes A, B, C, D show stepwise progression, going up and coming down.

Mix steps that are close to each other by playing A, B, A B, C, B, C, D, C.

Play A -- D (jumping over notes B and C) proving that lots of songs start

with this interval by singing "Michael Finnegan", "Amazing Grace",

"There were ten in the bed", "Auld Lang Syne", "Hark the herald angels sing",

"Oh Christmas Tree", "The Harry Potter theme", "Away in a manger".

**says "EXPLORE ME"**

Lovely smells, taste, and texture.

Include nibble time fairly soon!

Find the pair of wooden donuts in Muzikit Box.

Highlight similar shapes but different sizes.

What sounds do they make?

How can we use this instrument?

**says "CREATE DONUT CHIME"**

Play my music note D.

Compare length and pitch of

Chimes A B C D.

**Dangle Donut**  
Sit well back in a chair with support under the knees.

*Round and round your ankle goes  
Follow donut with your toes  
One foot first and then the other  
Try it yourself and with another*

Find a friend to dangle a donut for tracing round.

**Donut Dingle**

Jamie in Christ Church New Zealand created a new instrument called the Dingle Jingle Donut.

**Dipping Donuts**

-  Donut
-  Yoghurt
-  Dried fruit
-  Nuts

Dip your donut into yoghurt flavour of your choice; decorate with dried fruit or nuts.

## Who am I? Guess!

Tune: If you're happy and you know it

*I'm the only one who has a crunchy shell  
I'm the only one who has a crunchy shell  
With many styles of cooking and different ways of looking  
I'm the only one who has a crunchy shell*

 says "E(GGS)PLORE ME"

... by planning an exciting cooking session  
with snacks and drinks

Sing the guessing song and make a cracking finish putting the fresh egg into a bowl and whisking it. Add some milk, a spoonful of sugar and a drop of vanilla essence – whisk it again, provide some straws and have a tasting. Eggnog is a healthy mix.

Hide a hard-boiled egg for each person. When found play some a-peel-ing music and say 'good bye' to crunchy shells. Put eggs in a bowl, mash with mayo with everybody having a go. Mess the cress and sprinkle over egg bite biscuits.

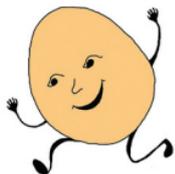
## SHAKE IT!

Find the five shaker eggs in Muzikit Box. Add any other shakers and invent hiding, counting, balancing games.

						
We all	shake	when	Jack	says	shake	~~~~~
						
We all	shake	when	Ed	says	shake	~~~~~
						
We all	shake	when	Mark	says	shake	~~~~~
						
And	we	all	shake	shake	shake	~~~~~

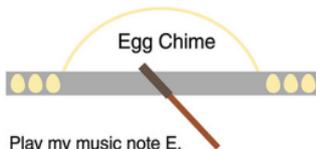
The word and sign in music meaning "to shake" is tremolo. 

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# EGG

 says "CREATE EGG CHIME"



Play my music note E.

## CHIMES TO PLAY AND SING

Give out the five Chimes and ask each player to find a space.

Extra dongers can be old pens with an elastic band wound round one end.

Give each player a number relating to their chime.

A = 1, B = 2, C = 3, D = 4, E = 5.

Call out one of the Chime numbers and ask that player to respond with ONE dong.

Repeat.

Now call out a food name and ask that player to respond with ONE dong.

Repeat

Now call out **number** and **food** together asking each player when responding to sing about who they are.

Examples: *I'm an egg. Please don't drop me or I'll break.*

*Whoops! Somebody has slipped on my skin. I was a Banana.*

## Devilled Eggs

-  Hard Boiled Eggs Peeled
-  Avocado
-  Paprika
-  Lemon juice
-  Parsley

Cut eggs in half, take out the yolks. Mix them with avocado, lemon juice, paprika and parsley in a food processor or use a fork to mash. Dish out the contents into the empty egg halves and top with more parsley and paprika.

## Egg Soldiers

*Boil, boil, boil the egg  
wiggle fingers*

*Poach it in a pan*

**Flat** hand palms together

*Crack, coddle, scramble, omelette*

**Rub** hands together

*Toast the bread, spread the butter,*

*Everybody's happy*

*Have a super supper*

## Egg Shape

Draw an egg shape around your body. Imagine you are a living chick inside the egg – moving, pushing, breaking out. Draping material over a person recreating a shell can also help arms and legs to stretch and reach out in all directions.

**Who am I? Guess!**Tune: **If you're happy and you know it**

*If you eat me I will keep you fit and well  
 If you eat me I will keep you fit and well  
 I'm a swimmer in the sea  
 And have Omega Three  
 If you eat me I will keep you fit and well*

 says **"E(GGS)PLORE ME"**

Where do fish live?

Why do they have gills? A tail? Scales?

And sometimes a shell?

Find wooden fish in Muzikit Box.



Take Fish for a swim.

Can it bite? Dive? Float?

Trace around Fish using coloured paper, cut them out, attach to string and make a flotilla.

Devise a short movement sequence to include the above.

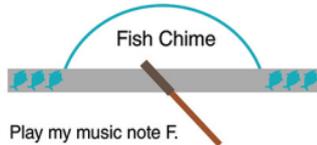


Listen to 'Aquarium' from  
**'Carnival of the Animals'**  
 by Saint-Saëns

Rework any activities you like from previous  
 Chime exploration using **your** ideas.



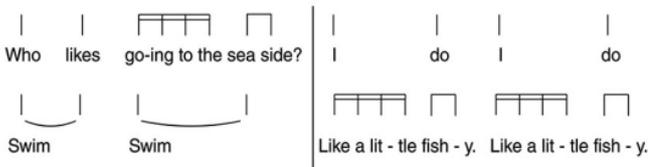
# FISH

 says **"CREATE FISH CHIME"**


Play my music note F.

Introduce the technique of 'damping' i.e., stopping the Chime sound by a quick 'action-hold' of thumb and first finger on the instrument. Playing a Chime starts the instrument vibrating. All sound is made by vibration.

## Little Fishy



Look at the Aquarium composed by primary children

An impromptu aquarium grew out of the fishy ditty. Ideas rose from the deep sea and were put into the movement and sound picture. No practise – no performance – just a freshwater experience.

## Fish roll

Scoop out bread from baguette and blend with black olives, tuna chunks and some mayonnaise in a mixer.

Stuff baguette with mixture, keep in fridge before slicing...delicious!

## Tuna bites

-  Hard boiled eggs
-  Tuna
-  Ricotta cheese
-  Chopped basil
-  Lemon juice

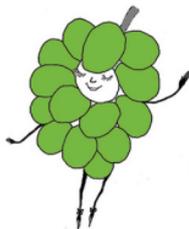
Chop hard boiled eggs. Add tuna pieces and some ricotta cheese. Stir in chopped basil and a squeeze of lemon juice. Mix well. Make balls. Munch!

## Home-made fish fingers

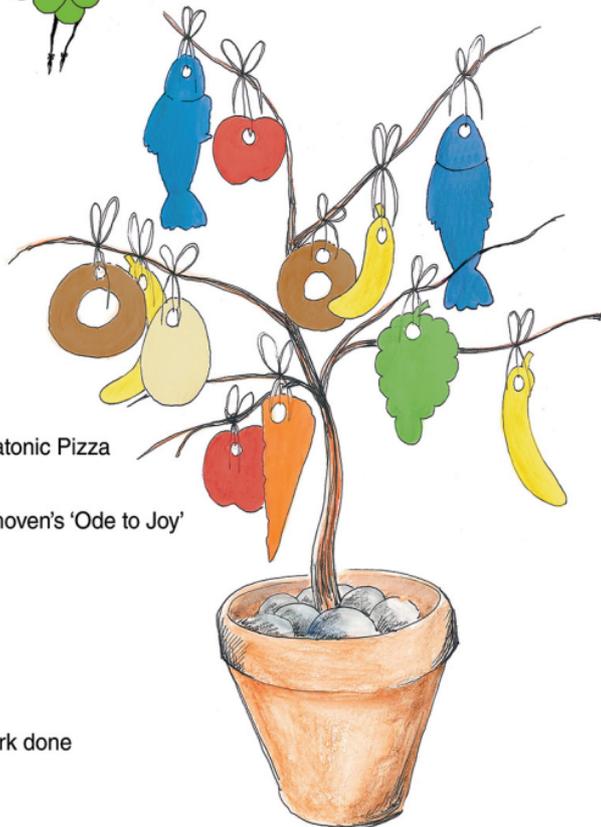


**Who am I? Guess!**Tune: **If you're happy and you know it**

*We really are the juiciest in the gang  
 We really are the juiciest in the gang  
 We're green and quite the groupiest  
 So sweet and fruity fruitiest  
 We really are the juiciest in the gang*



# GRAPE



 etting it all together

 o for some grapes and

 uzzle them ...

 ames for Fun Play (page 4)

 reen for 'GO' and improvise a Pentatonic Pizza

 reen for 'GO' to play and sing Beethoven's 'Ode to Joy'

 row your own seeds of imagination

 ather beautiful thoughts and things

 ive yourself a gold star for good work done

**BAG a fruit salad**

Slice – sprinkle sugar – saturate  
 with orange or mango juice

**Grape and Cheese Soldiers****A Grape Feast**

Mix 1 clove chopped garlic, 1  
 cup of couscous and some  
 olive oil and fry for 1 minute in  
 a lidded fry pan.

Cover couscous with boiling  
 water and leave till absorbed.  
 Add lemon juice and zest, a  
 pinch of cinnamon and chilli.

Pop in lots of halved green  
 grapes and chopped mint and  
 decorate with fingers of feta  
 cheese.