



Meat Free Monday Through Music

Introduction

Ask the children what they know about Meat Free Monday. Why is it a good idea for people to have at least one day a week where they don't eat meat? Discuss ideas relating to helping the environment, improving people's health and also saving money.

Activity 1: Listening Activity

Ask the children to name any bands that they know. Display a photo of the Beatles and ask what Beatles songs the children know. Explain that Paul McCartney started the Meat Free Monday campaign with his daughters Mary and Stella and that he even wrote a song about it.

Show Paul McCartney's Meat Free Monday song (short version) which can be found on YouTube on the SupportMFM channel:

[youtube.com/watch?v=XQ2PH5pG9fs&feature=channel&list=UL](https://www.youtube.com/watch?v=XQ2PH5pG9fs&feature=channel&list=UL).

Alternatively, you may wish to play the full version:

[youtube.com/watch?v=tPmyRloUGQ](https://www.youtube.com/watch?v=tPmyRloUGQ).

- What is the mood of the song?
- What does the song tell us about the campaign?
- If the school wasn't already supporting MFM, would the song encourage the children to take part?

Play the song again and ask the children to sing along.



Background

Music is powerful – it can influence how we feel, how we think and how we act. This lesson encourages children to explore Meat Free Monday through music.

Learning Objectives

Children should learn the following:

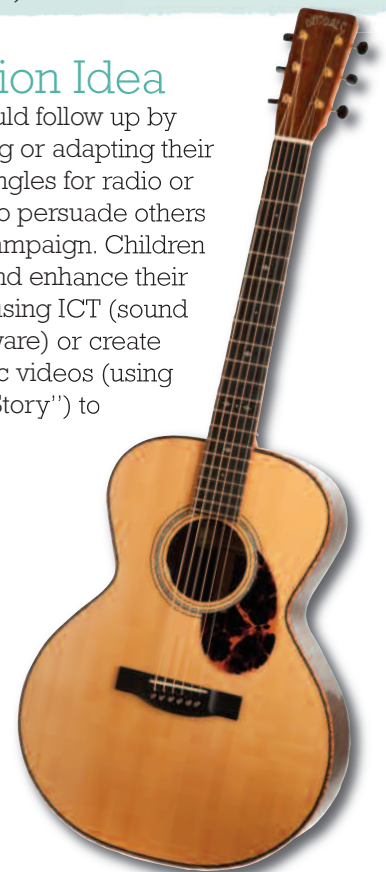
- To identify how lyrics can be used to convey mood, express an observation about society and inspire action
- To identify how repetition can make lyrics and melody easier to remember
- To compose a song with an awareness of the relationship between lyrics and melody

Accompanying Materials

- Meat Free Monday by Paul McCartney (short and full versions both available at [youtube.com/user/SupportMFM](https://www.youtube.com/user/SupportMFM))
- Meat Free Monday Through Music (student worksheet)

Extension Idea

Children could follow up by incorporating or adapting their songs into jingles for radio or TV adverts to persuade others to join the campaign. Children could edit and enhance their recordings using ICT (sound editing software) or create simple music videos (using e.g. "Photo Story") to bring visual elements to their songs.



Activity 2: Singing

Ask the children what they eat on Meat Free Mondays. List some of the different suggestions on the board. Tell the children that you know a song which is all about the different foods eaten on Meat Free Mondays and which is good fun to learn.

The song uses the tune and structure of Queen's "We Will Rock You" which has a very distinctive beat. To create the beat, half the children should bang the floor/table twice with their hands and, following this, the other half should clap once. The beat should continue throughout the verses and chorus. The song is effective in assemblies.

Divide the children into three groups, (stamper, clappers and verse singers). Demonstrate stamping and clapping to the rhythm of "We Will Rock You" and "conduct" using hand signals. Ask them all to join in the chorus, practise first.

Display the lyrics and demonstrate to the verse singers how to emphasise the words at the correct places by looking at the underlining.

Activity 3: Song Composition

Divide the students into small groups and ask them to pick a song they are familiar with – this could be a pop song or a children's song like "Oranges and Lemons" or "Incy Wincy Spider". Each group should then come up with alternative lyrics for their chosen song, with the aim of encouraging listeners to take part in Meat Free Monday.

Less able students could work with adult support (if available) or be given a specific tune and writing frame, e.g. the **Meat Free Monday Through Music** student worksheet, which will help them get started. More able children could attempt to incorporate rhyme into their lyrics.

Perform these songs to the class and record them. Which are most effective? Why? Which ones didn't quite work? Why not? How could they be improved?

The Song:

The beat x 4

Verse singers (with beat continuing):

Tomato pasta bake, orange berry cake
Apple mango shake, aubergine pie,
Spicy cashew roast, tofu strips on toast
Black lentils cooked with cloves, crispy stir fry

All (with beat continuing):

Meat Free, Meat Free Monday!
Meat Free, Meat Free Monday!

Verse singers (with beat continuing):

Veg sausages and swede, avocado,
beetroot, seeds
Spinach, rice and greens, mixed bean masala
Couscous and black cherries, cucumber,
strawberries,
Sweetcorn, beans, raspberries, veg jambalaya!

All (with beat continuing):

Meat Free, Meat Free Monday!
Meat Free, Meat Free Monday!





Meat Free Monday Through Music

Oranges and Lemons	Meat Free Monday
Oranges and lemons	Pasta and veg stir fry
Say the bells of St. Clements	You should give them a fair try
I owe you five farthings	There's no meat on Mondays
Say the bells of St. Martins	And you'll find they're still fun days
When will you pay me?	
Say the bells at Old Bailey	
When I grow rich	
Say the bells at Shoreditch	
When will that be?	
Say the bells of Stepney	
I'm sure I don't know	
Says the great bell of Bow	

