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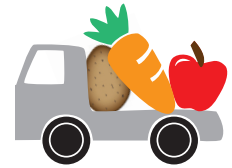
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Food Songs & Rhymes



CARROTS FINGERPLAY:

See the carrots in the ground
(point hands and arms in a point to form a carrot and point to the ground)
I pull them hard without a sound (pull them out)
I wash and clean them up and down.
(scrub up and down with your palms of your hands)
I love to eat them all year round.
(Pretend to eat carrots with mouth)

CARROTS FOR LUNCH

Out in the garden, under the sun.
Grew lots of carrots, so I picked some.
I took them inside and washed the whole bunch.
Then I sat down and ate them for my lunch.

CARROTS, PEAS, AND BROCCOLI

Carrots, Peas, and Broccoli,
Vegetables are good for me.
For my snack and in my lunch,
Veggie sticks are great to munch.
Carrots, Peas, and Broccoli,
Vegetables are good for me.

HEALTHY VEGETABLES

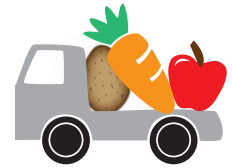
A color Rhyme

Cut a tomato shape out of red felt, a zucchini shape out of green felt, and a corn cob shape out of yellow felt. Place the shapes on a flannel board as you read the following rhyme.

I ate a red tomato,
The biggest I have seen.
I ate a long zucchini,
It was the color green.
I ate some yellow corn,
That was sweet as sweet could be.
When I eat my colors,
I know I'm healthy!



Food Songs & Rhymes



I LIKE VEGGIES

Tune: "Are You Sleeping?"

I like veggies, I like veggies.
Do you too? Do you too?
I like corn and carrots, I like corn and carrots.
And peas too! And peas too!

I'M A BIG RED TOMATO

I'm a big red tomato
Growing on a vine,
A big red tomato
Looking oh, so fine.
Now you can make good things with me-
Soup, juice, pizza, to name just three.
I'm a big red tomato
Growing on a vine.
Grow, grow, grow.

MAKING STONE SOUP

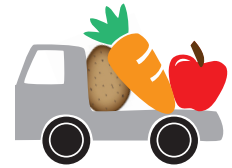
Tune: "The Farmer In the Dell"

Have the children act out the song, pretending to toss the ingredients into a big pot as they sing.

Let's make stone soup,
Let's make stone soup,
Put some water in a pot.
Stir, it's getting hot.
First we add a stone.
Then we add a bone,
Stir the soup in the pot,
The soup is getting hot.
Then we add some broth,
Then we add some corn.
Stir the soup in the pot.
The soup is getting hot.
Next, we add some carrots,
Then we add some peas.
Stir the soup in the pot.
The soup is getting hot.
Last, we add potatoes,
Celery and zucchini.
Stir the soup, oh what fun.
The soup is now done!



Food Songs & Rhymes



MEET THE VEGGIES

Tomato: I'm round and red and juicy too.
Chop me for a salad,
Or dump me in your stew!

Lettuce:

Hey, wait a minute!
If a salad you're fixin'
I can stand alone.
No need for the mixin'!

Onion:

Chop me and slice me
But keep water near.
I sometimes get juicy
And can bring on a tear!

Carrot:

Orange is my color;
I stand long and lean.
In the garden you'll see
Just my bright leaves of green.

Pea:

I live in a pod
With so many others.
I think I was born
With one hundred brothers!

Green Bean:

Look in the garden;
You'll see my sign.
Then bring out your basket
When it's pickin' time!

Potato:

I've an eye for perfection
To give you the best.
Baked, mashed, or fried-
I'll pass the test!

Cabbage:

My head is quite thick
So people tell me.
I guess that's the reason
Grocery stores sell me!

Celery:

Cut and rinse my stalks,
Then spread on cream cheese.
A refreshing hors d'oeuvre
To make parties a breeze!

Squash:

Some call me a game,
A game of good sport,
But I'm ready to eat
As a side dish of sorts!

Brussel Sprout:

I'm kinda cute
When I'm served on a plate
I'm just a little mouthful.
You can eat six or eight!

Cauliflower:

I carry white flowers
To break off and eat.
I'm sometimes served raw,
A nutritious snack treat!

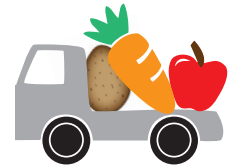
Broccoli:

My friends call me trees
Now that's a funny name.
Though I am a dark green
With stalks just the same.

We're the veggies you should eat every day!
Now don't make a face. We're as good as we say!



Food Songs & Rhymes



NUMBER FOOD RHYME

One, two, three, four
_____ at the kitchen door.
Five, six, seven, eight.
Eating _____ off her plate.

Have children take turns naming vegetables or other food items to fill in the rhyme.

OH, DO YOU EAT YOUR VEGETABLES?

Tune: "Muffin Man"

Oh do you eat your vegetables, vegetables, vegetables?

Oh, do you eat your vegetables-each and every day?
Oh, yes we eat our vegetables, vegetables, vegetables:
Oh yes we eat our vegetables-each and every day!

To continue the song, ask each child in turn to name a vegetable. Substitute the child's name and his/her vegetable choice, and have everyone sing the new words. For example:

Oh Janet eats green beans, green beans, green beans,
Oh Janet eats green beans-each and every day!

SOUPS ON

Tune: "Sound Off"

Carrots, beans, and potatoes
Corn and peas and tomatoes
Mix and stir up in a pot.
Smells so good as it gets hot.
Soup's on-1, 2.
Soup's on-3, 4.
1, 2, 3, 4-Let's eat a good treat!

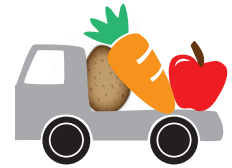
THE VEGETABLE SONG

Tune: "Twinkle, Twinkle Little Star"

Carrots, Peas, and Broccoli,
Vegetables are good for me.
For my snack and in my lunch,
Veggie sticks are great to munch.
Carrots, Peas, and Broccoli,
Vegetables are good for me.



Food Songs & Rhymes



THE GOOD FOOD SONG

Tune: "Old MacDonald Had A Farm"

Vegetables are good for me, EE I EE I O
And so I eat them happily, EE I EE I O
(Children take turns naming vegetables that they like)
With a carrot, carrot here, and a carrot, carrot there
Here a carrot, there a carrot
Everywhere a carrot, carrot.
Vegetables are good for me, EE I EE I O.

Use your own creativity to add other vegetables

VEGETABLE RAINBOWS

There are many colored vegetables,
They are good for you.
Carrots are orange, let's eat a few.
Beans are green, let's try them, too.
Corn is yellow, tomatoes are red.
When you eat a rainbow,
You know you're well fed!

Vegetable Soup Song

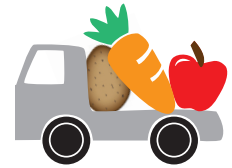
Tune: "Farmer in the Dell"

The soup is boiling up
The soup is boiling up
Stir slow-around we go
The soup is boiling up.
First we add the broth
First we add the broth
Stir slow-around we go
The soup is boiling up.
Now we add some carrots
Now we add some carrots
Stir slow-around we go
The soup is boiling up.

Continue with asking the children which vegetable comes next. Have the children stand around a large imaginary pot pretending to stir the soup.



Food Songs & Rhymes



HUNGRY LITTLE CATERPILLAR

Hungry little caterpillar in the garden one day,
Ate one of everything, he saw on his way.
When he weighed himself, he weighed a ton.
He wondered why, when he only ate one!

I'M A LITTLE WATERING CAN

Tune: "I'm A Little Teapot"

I'm a little watering can
Tall and thin.
To fill me up,
Just pour the water in.
Then you tip me over
And the water sprinkles out.
"Thanks for the drink,"
The flowers all shout!

MY MAY GARDEN

Tune: "Skip To My Lou"

Sun in the sky; shine, shine, shine.
Sun in the sky; shine, shine, shine.
Sun in the sky; shine, shine, shine.
Help me with my garden.

Additional verses:

Rain from the clouds, drip, drip, drip.
Seeds in the dirt, grow, grow, grow.
Have your children act out the motions.

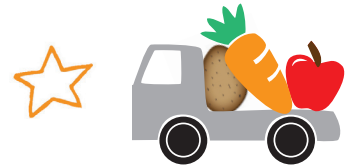
OUT IN THE GARDEN

Tune: "Down By The Station"

Out in the garden,
In the month of May.
See the busy farmers
Planting seeds all day.
Soon there will be flowers
And red ripe tomatoes .
Maybe even squash
And little brown potatoes.



Food Songs & Rhymes



THE GREEN BEANS GREW ALL AROUND

Tune: "The Green Grass Grew All Around"

There was a hole (repeat)
In the middle of the ground. (repeat)
The prettiest hole (repeat)
That you ever did see. (repeat)
Well, a holes in the ground
And the green beans grew all around and around
And the green beans grew all around!

Well, in this hole (repeat)
There was a seed. (repeat)
The prettiest seed (repeat)
That you ever did see.
Well, a seed in the hole
And a hole in the ground
And the green beans grew all around and around
And the green beans grew all around!

Well, from this seed
There came a plant.
The prettiest plant
You ever did see.
Well, a plant from the seed
And a seed in the hole
And a hole in the ground
And the green beans grew all around and around
And the green beans grew all around!
Apple Poem
Apples big,
Apples small.
Guess what?
I like them all.

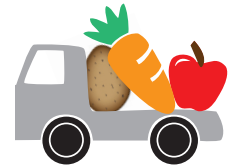
VEGETABLE PATCH

Tune: "The Paw, Paw Patch"

Pick some corn and put it in the wagon.
Pick some corn and put it in the wagon.
Pick some corn and put it in the wagon.
Way down yonder in the vegetable patch.



Food Songs & Rhymes



TAKE ME OUT TO THE FARM

Tune: "Take Me Out To The Ball Game"

Take me out to the farm.
Take me out to the cows,
Show me some pigs and bunnies, too.
Give me a ride on a pony or two.
Oh, it's so much fun at the farm.
There are so many things I can do.
And I love to listen and hear
All the neighs, quacks, and moos!

THE TRACTOR ON THE FARM

Tune: "The Wheels On The Bus"

Oh, the tractor on the farm goes round and round,
Round and round, round and round.
Oh, the tractor on the farm goes round and round,
All around the farm.
Oh, the cow on the farm goes, moo, moo, moo,
Moo, moo, moo, moo, moo, moo.
Oh, the cow on the farm goes, moo, moo, moo,
All around the farm.
Continue with other farm animals and farm objects.

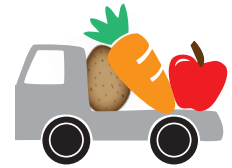
A LITTLE APPLE SEED

Tune: "Itsy, Bitsy Spider"

Once a little apple seed was planted in the ground
Down came the raindrops, falling all around.
Out came the big sun, bright as bright could be
And that little apple seed grew to be an apple tree!



Food Songs & Rhymes



A WIGGLY WORM

Tune: "Boom! Boom! Ain't It Great to Be Crazy?"

Chorus:

Yum! Yum! Don't you know I love apples?

Yum! Yum! Don't you know I love apples?

Red and green and yellow, too...

Yum! Yum! Don't you know I love apples?

Verse 1:

Way up high in an apple tree, I saw two eyes look at me.

I reached for an apple; it started to squirm...oops! I found a wiggly worm!

Chorus

Verse 2:

That wiggly worm is a friend of mine. We eat apples all the time.

I let him crawl back to that tree... hey! I see that worm looking at me!

Chorus

ALL AROUND THE APPLE TREE

Tune: "Mulberry Bush"

Here we go round the apple tree, the apple tree, the apple tree

Here we go around the apple tree

On a frosty morning.

This is the way we climb the ladder

(Use for additional verses: pick the apples, wash the apples, peel the apples, cook the apples)

APPLES EVERYWHERE

Apples in the orchard.

Apples on the ground.

Apples in my basket.

Apples all around.

Apples in my cider.

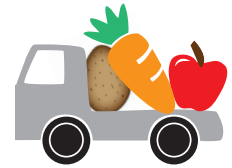
Apples in my pie.

Apples everywhere,

My, oh my, oh my!



Food Songs & Rhymes



APPLE IS ITS NAME, OH!

Tune: "Bingo"

I know a fruit that grows on trees,
An apple is its name, oh!

Chorus:

A. P. P. L. E.

A. P. P. L. E.

A. P. P. L. E.

An apple is its name, oh!
In summer and in early fall
It's time to pick an apple!

Chorus

It may be sweet or may be tart,
It's red, or green, or yellow!

Chorus

A McIntosh or Granny Smith,
A Winesap or Delicious!

Chorus

Make applesauce or apple juice
Or apple pie with apples!

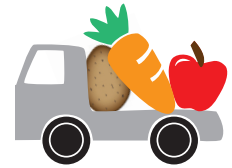
Chorus

APPLE ON A STICK

Apple on a stick, apple on a stick
I can lick it all day and not get sick.
Apple in a cup, apple in a cup
I can drink it all day and not fill up.
Apple in a crunch, apple in a crunch
I can eat it all day, it is so good to munch
Apple in a cake, apple in a cake
I can eat it all day with no tummy ache
Apple in a pie, apple in a pie
I can eat it all day and never cry.
Apple in a dish, apple in a dish
I can eat it all day, it's so delish!



Food Songs & Rhymes



APPLE RHYME

Apples, apples, good to eat.
Apples, apples, juicy and sweet.
Pick them off a tree, buy them at a store,
Apples, apples, WE WANT MORE!

APPLE UP HIGH

Tune: "Twinkle Twinkle Little Star"

Apple, apple, way up high,
I can reach you if I try.
Climb a ladder,
Hold on tight.
Pick you quickly
Take a bite.

APPLE WAS ITS NAME-O

Tune: "Bingo"

I know a fruit that's good to eat and apple was it's name O!
A-P-P-L-E! A-P-P-L-E! A-P-P-L-E! And apple was it's name-O!
I know a fruit that's good to eat and apple was it's name O!
Crunch-P-P-L-E! Crunch-P-P-L-E! Crunch-P-P-L-E And apple was it's name-O! (etc, etc, etc.)

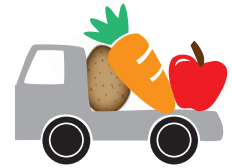
APPLES

Tune: "Twinkle Twinkle Little Star"

Apple, apple tree so tall,
I can hardly wait till fall!
When your apples I can pick,
Fill my basket, eat them quick.
Apple, apple tree so tall,
I can hardly wait till fall!
Apple, apple tree so fair,
What do I see growing there!
Green and round and plump and sweet,
Soon they will be good to eat.
Apple, apple tree so fair,
What do I see growing there!



Food Songs & Rhymes



APPLES ARE FALLING

Tune: "Are You Sleeping?"

Apples are falling, apples are falling
From the tree, from the tree.
Pick up all the apples, pick up all the apples,
One, two, three; one, two, three.

(Use appropriate motions for actions)

APPLESAUCE

Tune: "Yankee Doodle"

Peel an apple,
cut it up,
cook it in a pot.
When you taste it
you will find
it's applesauce you've got!

CLIMBING UP THE APPLE TREE

Climbing up the apple tree, (climb in place)
Swinging on a limb! (Raise arms above head, away left and right)
If I hear a robin, I may (cup hand near ear)
Sing along with him! (sing tra la la)
'And Robin, if you fly away, (Put hands over eyes)
Here's what I think I'll do: (Point with index finger)
I'll wish a pair of sparrow wings (gently flap arms at side and move around)
And fly away with you!

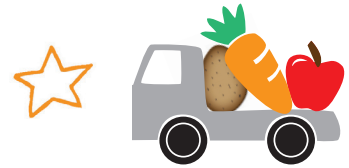
DO YOU KNOW THE APPLE MAN?

Tune: "The Muffin Man"

Oh, do you know the apple man,
the apple man,
the apple man?
Oh, do you know the apple man
who likes to play with me?
Oh, he has a great big smile,
a great big smile,
a great big smile,
Oh, he has a great big smile
and likes to play with me.
Continue with other verses that the children make up about the apple man.



Food Songs & Rhymes



EAT AN APPLE

Eat an apple; (Bring right hand to mouth)
Save the core. (Close right hand in fist)
Plant the seeds. (Bend down touch hand to ground)
And grow some more. (Extend both arms out)

FARMER HAD AN APPLE TREE

Tune: "Bingo"

Was a farmer had a tree.
With apples big and red.
A-P-P-L-E, A-P-P-L-E, A-P-P-L-E
With apples on his tree!

FIVE LITTLE APPLES

Five little apples lying on the floor.
I'll roll one away, and that leaves four. (make rolling motion with arms)

Four little apples hanging on a tree.
I'll pick one off, and that leaves three. (pick an imaginary apple)

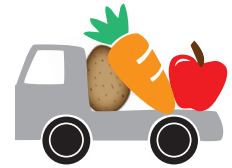
Three little apples, I know what to do!
I'll put one in my pocket, and that leaves two. (pretend to put apple in pocket)

Two little apples sitting in the sun.
I'll pick one up, and that leaves one. (pretend to pick apple up off the floor)

One little apple waiting in my lunch.
I'll eat it up with a crunch, crunch, crunch! (pretend to take a big bite!)



Food Songs & Rhymes



FIVE LITTLE APPLES

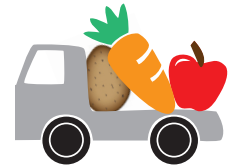
Five little apples hung on a tree
The farmer didn't care
So guess who came to eat?
A CATERPILLAR.....MUNCH, MUNCH
Four little apples hung on a tree
The farmer didn't care
So guess who came to eat?
A BIRD.....MUNCH, MUNCH
Three little apples hung on a tree
The farmer didn't care
So guess who came to eat?
A PIG.....MUNCH,MUNCH
Two little apples hung on a tree
The farmer didn't care
So guess who came to eat?
A HORSE.....MUNCH,MUNCH
One little apple hung on a tree
The farmer didn't care
So guess who came to eat?
A SCARECROW.....MUNCH,MUNCH
Now the tree is bare
There are no more apples there
But when next fall comes around
Guess who'll be there?
THE CATERPILLAR...
THE BIRD...
THE PIG...
THE HORSE...
and the SCARECROW.
YUM! YUM!

FIVE RED APPLES

Five red apples hanging in a tree (Hold up five fingers)
The juiciest apples you ever did see.
The wind came by and gave an angry frown (Fingers flutter downward)
And one little apple came tumbling down (One finger falls)
Four red apples, hanging in a tree, etc.



Food Songs & Rhymes



FIVE RED APPLES

Five red apples in a grocery store
Bobby bought one & then there were 4
Four red apples on an apple tree
Susie ate one & then there were 3
Three red apples. What did Alice do?
Why she ate one & then there were 2
Two red apples ripening in the sun
Tommy ate one, & now there was one
One red apple & now we are done
I ate the last one & now there are none!

HAVE YOU EVER HAD AN APPLE?

Tune: "Have You Ever Seen A Lassie"

Have you ever had an apple, an apple, an apple?
Have you ever had an apple and heard it go 'crunch'?
Have you ever had an orange, an orange, an orange? Have you ever had an
orange and heard it go 'slurp'?
Have you ever had a banana, a banana, a banana? Have you ever had a
banana and heard it go 'mush'?

HAVE YOU EVER SEEN AN APPLE?

Tune: "Have You Ever Seen A Lassie?"

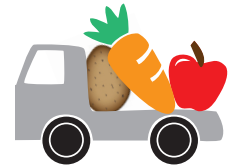
Have you ever seen an apple, an apple, an apple,
Have you ever seen an apple, that grows on a tree?
A red one, a yellow one, a red one, a yellow one.
Have you ever seen an apple, that grows on a tree?

HERE IS AN APPLE

(make circle with thumb and pointer) Here is an apple
(make circle with other thumb and pointer) and here is an apple
(Make circle with arms) and a great big apple I see
Now let's count the apples we've made
(repeat above actions) 1 - 2 - 3 !



Food Songs & Rhymes



LOOK AT THE APPLE

Tune: "The Mulberry Bush"

Look at the apple I have found,
so fat and rosy on the ground.
Mother will wash it and
cut it in two
half for me and half for you.

PICKING APPLES!

Tune: "Frere Jacques"

Picking apples
Picking apples
One by one
One by one

RED APPLE

A little red apple
Hung high in a tree
I looked up at it
And it looked down at me
"Come down, please" I called
And what do you suppose
That little red apple
Dropped right on my nose!

TEN RED APPLES

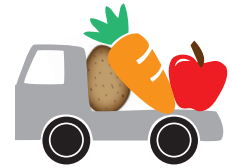
(Both hands high) Ten red apples grow on a tree
(Dangle one hand and then the other) Five for you and five for me.
(Shake body) Let us shake the tree just so
(Hands fall) And ten red apples will fall below
(Count each finger) 1,2,3,4,5,6,7,8,9,10.

TEN RED APPLES

Here I have five apples. (hold up five fingers on right hand)
And here are five again. (hold up both hands)
How many apples altogether?
Why, five and five make ten!



Food Songs & Rhymes



TWO RED APPLES

Two red apples, high in the tree.
One for you and one for me.
I shook that tree as hard as I could.
Down fell the apples, mmmm they were good.

TWO RED APPLES

Tune: "This Old Man"

Way up high, in a tree (raise hands over head)
Two red apples smiled at me (smile)
So I shook that tree as har-r-d as I could (Pretend to shake tree)
Down came the apples, Ummm, they were good!!!! (Rub tummy)