

# Nutrition



Songs, Poems  
and Fingerplays

## Graphics used:

- Lisa's Country Clip Art
- Graphics Factory
- [iclipart.com](http://iclipart.com)

## So Good For You

Milk, fruit and vegetables,  
Meat and brown bread too.  
Try to have some every day,  
(Pretend to eat)  
They're so good for you!



## Good Foods

Milk, meat, bread and fruit,  
These will help me grow.  
To be strong, tall and well,  
(show arm muscles and stand tall)  
Healthy from head to toe!

## Brown Bun

Brown bun, brown bun, What do you see?

I see a green pickle looking at me.

Green pickle, green pickle, what do you see?

I see a red tomato looking at me.

Red tomato, red tomato, what do you see?

I see some yellow cheese looking at me.

Yellow cheese, yellow cheese, what do you see?

I see a brown patty looking at me.

Brown patty, brown patty, what do you see?

I see a brown bun looking at me.

Brown bun, brown bun, what do you see?

I see a hungry child looking at me.

Hungry child, hungry child, what do you see?

I see a hamburger looking at me.

Yummy, yummy, let's eat!



## The Shape-Up Song

(Sung to: "The Farmer in the Dell")

We're jumping up and down.  
We're jumping up and down.  
We're getting lots of exercise.  
We're jumping up and down.

More verses:

We bend and touch our toes.  
We kick our legs up high.  
We jog around the room.  
We wiggle our whole body.  
We stretch up to the sky.



# Little Donuts

(Sung to: "Ten Little Indians")



One, little, two little, three little donuts.  
Four little, five little, six little donuts.  
Seven little, eight little, nine little donuts.  
Ten donuts in the bakery shop.

# Basic Food Groups



Here are the food groups:

Dairy, bread, fruit and meat,

And don't forget that vegetables,

are important for you to eat.

Have a food from each food group.

Each and every day,

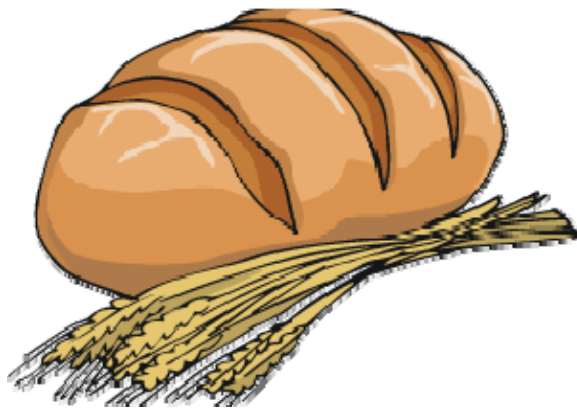
And you'll grow strong and healthy -

Good nutrition is the way!

## Bread and Cereals

Bread and cereals start from seeds  
of grasses farmers grow;  
They're all ground up and mix with eggs,  
and other flavors for dough.

The crust of pies and dinner rolls,  
And noodles of chicken soup,  
Donuts, spaghetti, and Cream of Wheat,  
Are in the bread and cereals group.





# One Potato - Two Potato



One potato, two potato,  
Three potato, four;  
I like mash potatoes,  
May I please have some more?

other verses:

I like French fries.

I like potato chips.

I like potato cakes.

# This is the Way We Make the Bread



This is the way we make the bread,

Make the bread, make the bread.

This is the way we make the bread.

To make this bread for you.

This is the way we mix the dough,

Knead the bread, mix the dough.

This is the way we mix the dough.

To make this bread for you.

Additional verses:

Knead the dough.

Shape the dough.

Bake the dough.

Eat the bread.

# Green Grapes



Five green grapes growing on a vine. (Hold up five fingers)  
I picked one because it looked so fine. (Fold down one finger)

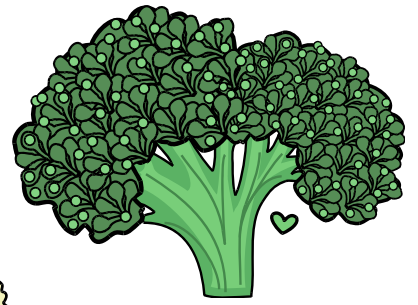
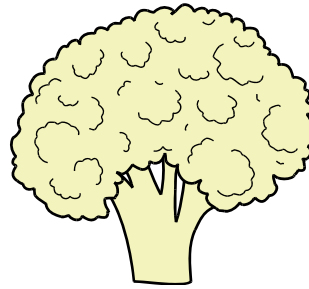
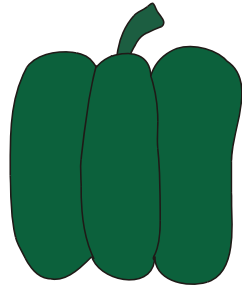
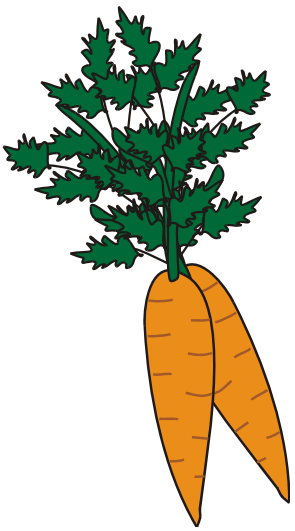
Four green grapes growing on a vine. (Hold up four fingers)  
I picked another for my Valentine. (Fold down another finger)

Three green grapes, growing on a vine. (Hold up three fingers)  
I ate another, I couldn't decline. (Fold down another finger).

Two green grapes growing on a vine. (Hold up two fingers)  
I ate another in the sunshine. (Fold down another finger)

One green grape growing on a vine. (Hold up one finger)  
I ate it too, because they were all mine. (Fold down last finger)

## Vegetable Colors



There are many colored vegetables -  
They are good for you.

Carrots are orange, I'll eat a few,  
Beans are green, I'll eat them too.

Additional verses:

Corn is yellow, I'll eat some.  
Green peppers are green, I'll eat them too.

Cauliflower is white, I'll eat a few,  
Broccoli is green, I'll eat them too.

## The Vegetable Song

(Sung to: "Old MacDonald Had a Farm")



Vegetables are good for me, E-I-E-I-O

And so I eat them happily, E-I-E-I-O

(Children take turns naming vegetables that they like)

With a carrot here, and a carrot there.

Here a carrot, there a carrot.

Everywhere a carrot.

Vegetables are good for me, E-I-E-I-O

## Three Little Carrots



Three little carrots.

Three little carrots.

(Hold up three fingers)

What can I make?

I'll use one,

To make a carrot cake.

(Fold down one finger)

Two little carrots,

Just watch my carrot tricks.

I'll chop one up,

To make some carrot sticks.

(Fold down second finger)

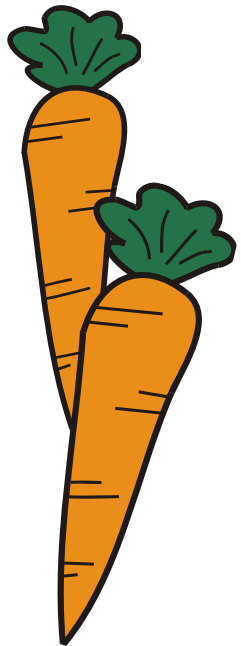
One little carrot,

Alone in the sink.

I'll blend one,

To make a carrot drink.

(Fold down last finger)



## Watermelon Fingerplay

A watermelon is round

(Make a circle with arms and hands).

And as hard as your head.

(Knock lightly on your head with fist).

The rind is green.

(Clasp hands together to show melon).

And the flesh is red.

(Open hands to show inside).

A water melon taste good.

(Take a pretend bite of watermelon).

And is a juicy treat.

(Rub tummy).

But the seeds inside,

(Point to inside of cupped hand).

You do not eat!

(Shake head no).



# Have You Ever Had an Apple?



Have you ever had an apple, an apple, an apple?  
Have you ever had an apple  
And heard it go crunch?

Additional verses:

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?



## Red Food

Red is the color for an apple to eat.

Red is the color for cherries also.

Red is the color for strawberries,

I like red food, don't you?



## The Healthy Army

(You're the drill sergeant and the children repeat after you)



We are healthy little ones. (children repeat)

Watch us jump and watch us run. (children repeat)

Healthy bodies, healthy hearts. (children repeat)

We are winners from the start. (children repeat)

## Strawberries, Bananas, Watermelon

(Sung to: "Twinkle, Twinkle, Little Star")

Strawberries, bananas, watermelon too;

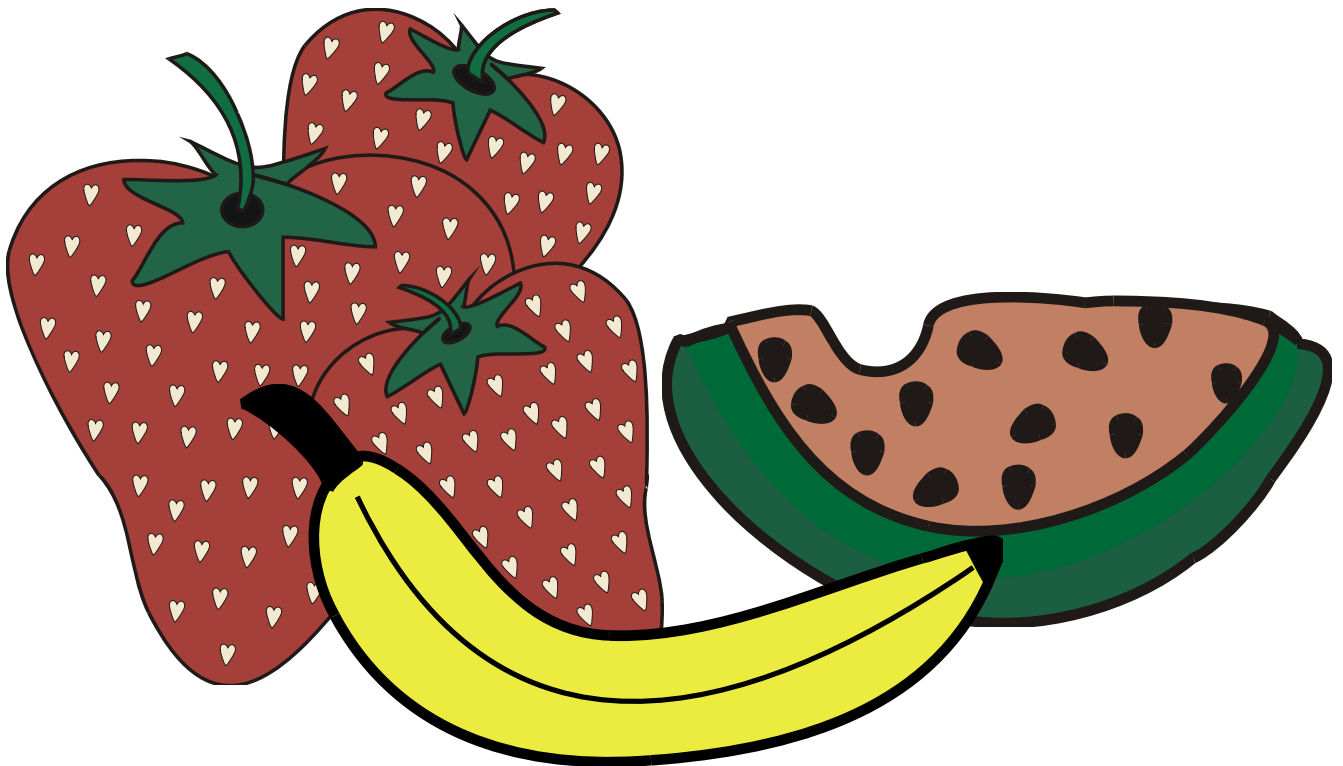
Good for me and good for you!

They are tasty; they are sweet.

All are such a yummy treat.

Strawberries, bananas, watermelon too;

Good for me and good for you!



# Five Little Donuts

(Flannel Story)

Down around the corner, at the bakery shop.

There were five donuts with sugar on top.

Along came \_\_\_\_\_ (child's name), all alone.

And she/he took the \_\_\_\_\_ (color) one home.

Continue the verses until all the donuts are gone.



## Five Little Donuts

Cut out 5 donut shapes out of flannel.  
(use 5 different colors).

Attach a small piece of Velcro to the back of each  
piece. (rough side)

Use the donuts as flannel story for:  
Five Little Donuts.

A fun way to learn colors.

## Picked a Strawberry

(Sung to: "Clementine")



Picked a strawberry,  
Picked a strawberry,  
That was growing in the sun.  
Then I washed it,  
And I ate it.  
Then I picked another one.

# I am Healthy

(Sung to: "Frere Jacques")



I am healthy!

I am healthy!

Yes I am.

Yes I am.

I eat healthy foods  
and I exercise too.

Yes I do!

Yes I do!

# Carrots

(Fingerplay)

See the carrots in the ground.

(point to the ground)

I pull them hard, without a sound.

(pull them out)

I wash them, clean them up and down.

(scrub up and down with the palm of your hands)

I love to eat them all year long!

(pretend to eat carrots)



Banana's  
(Fingerplay)



Bananas are my favorite fruit.

(make fist as if holding a banana)

I eat one every day.

(hold up one finger)

I always take one with me.

(pretend to put a banana in your pocket)

When I go out to play.

(wave good-bye)

It gives me lots of energy.

(make a muscle)

To run, jump and play.

(move arms as if running)

Bananas are my favorite fruit.

(rub tummy)

To me they're so much fun!

(smile)



## The Vegetable Song

(Sung to: "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.



## I Like Veggies

(Sung to: "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!

# OH, Do You Eat Your Vegetables?

(Sung to: "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 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!

