



Using Songs to Teach Nutrition: A List of Songs for Use in the Preschool Classroom



Purpose:

Songs, chants, and finger plays can be incorporated into nutrition education activities to reinforce and introduce basic nutrition concepts. Songs are fun and encourage children to be active participants in the learning activity at hand. They also serve as great memory aids and learning tools to help children build knowledge and vocabulary.

How to Use this List:

Nutrition songs can be used before meal time and before or after a cooking or gardening activity to introduce or reinforce basic nutrition concepts. This song list has been broken up into seven different categories as listed below. Choose a song from one of these categories that connects with the activity at hand. For example, if you are making orange juice sing a song about oranges.

Fabulous Fruits, Very Fine Veggies, Go Go Grains, Moo Moo Dairy, Growing Gardens, Healthy Habits, and Active Play.



Fabulous Fruits



Apples and Bananas

I like to eat, eat, eat apples and bananas.
I like to eat, eat, eat ee-pples and bee-nee-nees.
I like to ite, ite, ite, i-ples and by-ny-nys.
I like to ite, ite, ite, i-ples and by-ny-nys.
I like to oot, oot, oot oo-ples and boo-noo-noos.
I like to oot, oot, oot oo-ples and boo-noo-noos.



Way Up High in the Apple Tree (Finger play)

Way up high in the apple tree (hold arms up high)
Two little apples smiled at me (look at two hands up high)
I shook the tree as hard as I could (shake arms)
Down came the apples (arms fall)
Mmm, mmm, mmm, mmm, were they good! (rub stomach)



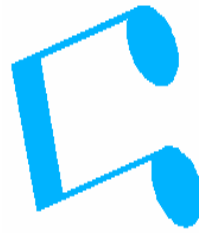
Bananas are My Favorite Fruit (Finger Play)

Bananas are my favorite fruit. (make fists)
I eat them every day (hold up one finger)
I always take one with me (act as if putting one in pocket)
When I go out to play (wave good-bye)
Bananas give me energy (make a muscle)
To jump around and run (move arms as if running)
Bananas are my favorite fruit (rub stomach)
To me they're so much fun! (point to self and smile)



The Blueberry Bush (Tune: "The Mulberry Bush")

Here we go round the blueberry bush,
the blueberry bush, the blueberry bush.
Here we go round the blueberry bush,
so early in the morning.



Pick the blueberries small and round,
Small and round, small and round.
Pick the blueberries small and round,
so early in the morning.
(Taste the blueberries, ripe and sweet.)



Four Red Cherries
(Tune: "This Old Man")

Four red cherries on the tree,
Two for you and two for me.
So-o shake that tree and watch them fall.
One, two, three, four-that is all.



Raisins are Grand
(Tune: "This Old Man")

I like raisins, they sure are grand.
I have five raisins in my hand,
I have 1-2-3-4-5 raisins right now,
They'll disappear; let me show you how.

I have some raisins as before,
There were 5 and now there's 4.
I have 1-2-3-4 raisins right here,
I'll make another disappear.
(repeat, repeat, repeat)



Choose Some Fruit
(Tune: "Row, row, row your boat")

Choose, choose, choose some fruits,
And eat them every day.
They give you vitamin A and C,
And help you work and play.





Rainbow Fruit Bowl

Raspberry red, blueberry blue
Yellow lemons, bananas too

Tangerines, cantaloupes with oranges hue
Green grapes, kiwis and honey dew

Purple plums, brown figs and dates
Blackberries spilling all over the plates

Fabulous fresh fruit from far-off lands
my fruit bowl's a rainbow
Right here in my hands

Fabulous fresh fruit from far-off lands
my fruit bowl's a rainbow
Right here in my hands



Fruit Fun

An APPLE is a fruit that is fun to eat.
Chorus: Kemo, kimo, kewe
With a hi hi ho and hi hi he

An ORANGE is a fruit that is fun to eat
Repeat chorus

A BANANA is a fruit that is fun to eat.
Repeat chorus

A KIWI is a fruit that is fun to eat.
Repeat chorus



Juicy Fruit

(Tune: "Are You Sleeping?")

What is green?
What is round?
What has lots of seeds?
What is fun to eat?
Juicy, juicy treat.
What is red?





Grapes

(Tune: "Are You Sleeping")

Green and purple
Green and purple
Big and small
Big and small
From the vine I eat them,
From the vine I eat them,
I love grapes, I love grapes



Mango

(Tune: "BINGO")

There was a farmer who had a tree
and mango was its name-oh
M...A...N...G...O
M...A...N...G...O
M...A...N...G...O
And Mango was its name-oh

There was a farmer who had a tree
and mango was its name-oh
Clap...A...N...G...O
Clap...A...N...G...O
Clap...A...N...G...O
And Mango was its name-oh

There was a farmer who had a tree
and mango was its name-oh
Clap...Clap...N...G...O
Clap...Clap...N...G...O
Clap...Clap...N...G...O
And Mango was its name-oh

There was a farmer who had a tree
and mango was its name-oh
Clap...Clap...Clap...G...O
Clap...Clap...Clap...G...O
Clap...Clap...Clap...G...O
And Mango was its name-oh

There was a farmer who had a tree
and mango was its name-oh



Clap...Clap...Clap...Clap...O
Clap...Clap...Clap...Clap...O
Clap...Clap...Clap...Clap...O
And Mango was its name-oh

There was a farmer who had a tree
and mango was its name-oh
Clap...Clap...Clap...Clap...Clap
Clap...Clap...Clap...Clap...Clap
Clap...Clap...Clap...Clap...Clap
And Mango was its name-oh



Sing a Song of Fruit
(Tune: "Ten Little Indians")

One little, two little, three little melon balls;
Four little, five little, six little banana slices
Seven little, eight little, nine little apple chunks;
Ten little blueberries.

Note: (You can vary the kinds of fruits in this song)



An Orange is an Orange
(Tune: "Three Blind Mice")

An orange is an orange.
An orange is an orange.
It is not blue.
It is not red.
It is not purple nor pink nor gray.
An orange is simply no not colored that way.
An orange is an orange.



Eat a Pear
(Tune: "Twinkle, twinkle, Little Star")

How I'd like to eat a pear,
Eat it here or eat it there.
I would even climb a tree,
Then I'd have it just for me.
How I'd like to eat a pear,
Eat it here or eat it there.





Grapes in Disguise (Finger Play)

Raisins are silly grapes in disguise (cover eyes)
They try to run and they try to hide (pretend like you are looking for grapes)
But they can't fool us (swing finger as if saying no)
cause we know they are sweet (rub stomach and smile big)
We will still eat them for a treat (pretend like you are eating the raisins).



Strawberries, Bananas, Watermelon Too! (Tune: "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!

Very Fine Veggies



Do You Eat Your Vegetables, Vegetables, Vegetables? (Tune: "Muffin Man")

Do you eat your vegetables, vegetables, vegetables?
Oh do you eat your vegetables, vegetables, vegetables?
Each and every day?
Oh, yes we eat our vegetables, vegetables, vegetables,
Oh, yes we eat our vegetables
Ask each child in turn to name a vegetable then replace the child's name and the vegetable he or she has chosen:
Oh Sally eats broccoli, broccoli, broccoli
Oh Sally eats broccoli...each and every day!





Brontosaurus
(Chant)

Brontosaurus
My name is brontosaurus.
I'm a very funny guy, HA! HA!
I like to eat my trees (broccoli) and look up in the sky.



Broccoli is Yummy
(Tune: "Are You Sleeping?")

I like broccoli, I like broccoli.
How 'bout you, how 'bout you?
Broccoli is yummy, yummy in the tummy,
Good for me, good for you.



Carrot
(Chant)

Carrot, carrot—you are my favorite!
Rabbits go munch, munch, munch.
I go crunch, crunch, crunch!



Cauliflower

I'm a flower pick me and eat me.
I'm a flower pick me and eat me.
I'm a flower pick me and eat me.
So I can make you strong.



Cauliflower
(Tune: "Are You Sleeping?")

Cau-li-flower, cau-li-flower
I eat you, I eat you
You make me grow big and strong.
You make me grow big and strong.
I like you, I like you.





Cauliflower
(Chant)

Cauliflower, cauliflower,
Please pass me the cauliflower.
Build my muscles, build my tower,
Please pass me the cauliflower.



Baby Ear of Corn
(Tune: "Babybumblebee")

I'm cooking up a baby ear of corn
Won't my mommy be so proud of me

I'm cooking up a baby ear of corn
Ouch! It burned me.

I'm cooling off a baby ear of corn
Won't my mommy be so proud of me

I'm cooling off a baby ear of corn
Oohh! It's yummy

I'm eating up a baby ear of corn
Won't my mommy be so proud of me

I'm eating up a baby ear of corn
Now my mommy is so proud of me



Ten Little Potatoes
(Tune: "Ten Little Indians")

Ten little potatoes,
I dug deep down, (making motion as if you are digging a hole)
And see what I found,
Ten little potatoes (hold up ten fingers)
Hiding underground,
Shook off the dirt (make shaking motion with fists)
Put them in a sack (pretend to sling a sack over back)
Ten little potatoes (hold up ten fingers)
Carried on my back,
Chop them, cook them, (making chopping motion)
And right before my eyes,



Ten little potatoes (hold up ten fingers)
Turned into oven fries.



One Potato, Two Potato

One Potato, Two Potato
One potato, two potato, three potato, four!
Five potato, six potato, seven potato, more!



I'm a Little Pumpkin

(Tune: "I'm a Little Teapot")

I'm a little pumpkin,
Orange and round (hold arms out in a circle)
Here is my stem (place fist on head)
There is the ground (point down)
When I get all carved up ("cut" palm with hand)
Don't you shout! (shake head and wave finger)
Just open me up ("Open" top of head with hand)
And scoop me out! ("scoop out" stomach)



Munch, Munch, Munch

Munch, Munch, Munch
Lunch, lunch, lunch;
It's fun to try new foods.
Eat different kinds each day for growth and good moods.

Munch, munch, munch;
Lettuce, tomatoes, cucumbers.
It is good to eat.
Crispy, crunchy vegetables:
Simply can't be beat.

Munch, munch, munch;
Broccoli, cauliflower, jicama.
They are healthy too.
Crispy, crunchy vegetables:
They are so good for you.





Squish Squash

Squish Squash
 Squish Squash, wash the squash
 Squish Squash, dry the squash
 Squish Squash, cut the squash
 Squish Squash, scoop the squash
 Squish Squash, cook the squash
 Squish Squash, mash the squash
 Squish Squash, eat the squash
 So so good!



I'm a Big Red Tomato

(Chant)

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.



The Soup is Boiling Up

(Tune: "The Farmer in the Dell")

The soup is boiling up.
 The soup is boiling up.
 Stirring slowly around we go,
 The soup is boiling up.

First we add the broth.
 First we add the broth.
 Stirring slowly around we go,
 The soup is boiling up.

Next we add some carrots.
 Next we add some carrots.
 Stirring slowly around we go,
 The soup is boiling up.



Note: (Continue with similar verses, adding whatever vegetables the children want.)

Go Go Grains



Bagel

(Tune: "Baby Bumblebee")

I'm baking a bagel cause I need to eat
Its going to give me energy
But first I need to knead the dough
Put it in the oven then watch it grow

I'm baking a bagel cause I need to eat
I'll make you one if you are hungry
Together we can load them up
With all kinds of healthy stuff

I'm baking a bagel cause I need to eat
Its going to be a yummy treat
When the timer beeps we will know
Our bagels are done and ready for show.



Biscuits in the Oven

Biscuits in the Oven (Also Muffins in the Oven)
Biscuits in the oven, gonna watch 'em rise.
Biscuits in the oven, gonna watch 'em rise.
Biscuits in the oven, gonna watch 'em rise.
Right before my very eyes.

When they get ready, gonna jump and shout.
When they get ready, gonna jump and shout.
When they get ready, gonna jump and shout.
Roll my eyes and bug them out. Hey hey!

Gonna clap my hands and stomp my feet.
Clap my hands and stomp my feet.
Clap my hands and stomp my feet.
Right before the very next beat.



Note: You can substitute biscuits with bread, muffins, or other baked goods that rise in the oven.



Making Granola (Tune: "Yes Ma'm")

Are you going to mix the granola? Yes Ma'm!
Are you going to measure the oats? Yes Ma'm!
Are you going to sprinkle the seeds? Yes Ma'm!
Are you going to drizzle the molasses? Yes Ma'm!
Are you going to stir the granola? Yes Ma'm!
Are you going to pour the pan? Yes Ma'm!
Are you going to bake the oven? Yes Ma'm!
Are you going to eat it up? Yes Ma'm!
MMM GOOD!

Note: Repeat the verbs and use hand motions to act out.



Pancakes (Chant)

Mix em up, Stir em up
Get them while you can
I'm making pancakes in a pan

Heat em up, flip em up
In the air they go
They no longer are just dough

Strawberries, blueberries
Stacked up on top
I'm making pancakes that will make you stop



On Top of Spaghetti (Tune: "On Top of Ole Smokey")

On top of spaghetti, all covered with cheese,
I lost my poor meatball, when somebody sneezed.
It rolled off the table, and onto the floor,
And then my poor meatball, rolled out of the door.
It rolled in the garden, and under a bush,
And then my poor meatball, was nothing but mush.





Rice (Chant)

Rice, rice, brown, wild, and white,
Try it in the morning, noon or night.
Short grain, long grain, minute rice too,
I like rice, How about you?



Roll, Roll, Roll the Tortilla (Tune: "Row, Row, Row Your Boat")

Roll, roll, roll the tortilla,
Roll it flat and round.
Grill it, grill it, grill it, till it's golden brown.

Moo Moo Dairy



Cheese (Tune: "The Farmer in the Dell")

The farmer in the dell, the farmer in the dell,
Hi-ho the dairy-o, the farmer in the dell.
The farmer takes a wife (husband, spouse, friend),
The farmer takes a wife,
Hi-ho the dairy-o, the farmer takes a wife.

The wife/husband takes a child.
The child takes a nurse (traditional version or change to "teacher")
The teacher takes a dog.
The dog takes a cat.
The cat takes a rat.
The rat takes the cheese.
The cheese stands alone.

Note: One child is the "farmer" and chooses another child to be the "wife" or "husband." That child then chooses another child to join them as the "child" and so on. The child who is the "cheese" may state which kind of cheese he or she is after the tasting activity has been done!



Moo, Moo, Mrs. Cow



(Tune: "Bah Bah Black Sheep")

Moo, Moo, Mrs. Cow
Have you any milk?
Yes sir, Yes sir
Three jugs full

One for my master,
One for my dame,
One for the little boy
Who lives down the lane

Moo, Moo, Mrs. Cow
Have you any milk?
Yes sir, Yes sir
Three jugs full

One for my master,
One for my dame,
One for the little boy
Who lives down the lane.



Do You Like Your Yogurt?
(Tune: "Do Your Ears Hang Low?")

Do you like your yogurt?
Do you like it in a bowl?
Do you like to eat it fast?
Do you like to eat it slow?
Do you like it topped with fruits?
Do you like topped with nuts?
Do you like your yogurt?

Yes I like my yogurt
And I like it in a bowl.
And I like to eat it fast
And I like to eat it slow.
And I like it topped with fruits
And I like it topped with nuts.
Yes I like my yogurt!

Please pass me the yogurt, the yogurt, the yogurt.
Please pass me the yogurt so I can get healthy.
It has calcium and protein and vitamins for my body.
Please pass me the yogurt so I can get healthy.



Power Protein



Beans

(Tune: "Ten Little Indians")

One little, two little, three little bean beans,
Four little, five little, six little bean beans,
Seven little, eight little, nine little bean beans,
Ten little beans in a bowl, bowl, bowl.



Crack, peel, and eat

(Tune: "Row, Row, Row Your Boat")

Crack, crack, crack the egg,
Crack it if you can.
Cracking, cracking, cracking the egg,
I can, can, can.

Peeling, peeling, peeling the egg,
Peeling it if you can.
Peeling, peeling, peeling the egg,
I can, can, can.

Eat, eat, eat the egg,
Eat it if you can.
Eating, eating, eating the egg,
I can, can, can.

Note: (substitute children's names for the word "I")



On Top of Spaghetti

(Tune: "On Top of Ole Smokey")

On top of spaghetti all covered with cheese,
I lost my poor meatball when somebody sneezed
It rolled off the table and onto the floor
And then my poor meatball rolled out of the door
It rolled through the garden and under a bush
And then my poor meatball was nothing but mush
So when you eat spaghetti all covered with cheese
Hold on to your meatball and don't ever sneeze!!!





The Munching Mix Song

(Tune: "The Farmer in the Dell")

Chorus:

I love to munch (smile and rub stomach with hand),
I love to munch,
Munching, munching, munching, munching
I love to munch.

What's to munch, you say?
(stop singing song and ask children for the name of a nut)

The walnut goes crunch (make crunch sound),
The walnut goes crunch,
Munching, munching, munching, munching,
The walnut goes crunch.
(Repeat with different nuts)



Peanut Sat on a Railroad Track

Peanut Sat on a Railroad Track
Oh, a peanut sat on a railroad track,
Its heart was all a flutter.
The choo choo train came down the track,
Too! Too! Peanut butter!

Oh, a peanut sat on a railroad track,
Its heart was all a flutter.
Along came the train at ___ o'clock,
Uh oh! Peanut butter!

Growing Gardens



Dirt Made My Lunch

Dirt made my lunch,
Dirt made my lunch.
Thank you Dirt, thanks a bunch,
For my salad, my sandwich
My milk and my munch 'cause
Dirt, you made my lunch

Dirt is a word that we often use
When we're talking about the earth under our shoes
It's a place where plants can sink their toes:



In a little while a garden grows.



The Farmer and the Ground
(Chant)

A farmer's plow will tickle the ground,
You know the earth has laughed when wheat is found
The grain is taken and flour is ground,
For making a sandwich to munch on down.

Note: This song is an exertion from "Dirt Made My Lunch."



The Garden Song
(Tune: "I'm a Little Tea Pot")

I'm a little garden watch me grow
Here are my seeds that you must sow
When I get watered I will sprout
Eat my veggies just pull them out



Growing Veggies
(Tune: "Happiness Runs in a Circular Motion")

We plant our seeds,
In the ground below.
With water and sun,
They sprout and grow.
Carrots and squash,
Potatoes and peas,
Yummy green beans,
Pass the broccoli please!



Seeds
(Tune: "Twinkle, Twinkle Little Star")

Dig a hole deep in the ground.
Spread some tiny seeds around.
Pat them down, so they will keep.
They are lying fast asleep.
Rain will help the seeds to grow.
Sunshine keeps them warm I know.



Healthy Habits



Bubbly

Bubbly, bubbly, bubbly clean,
Inside ... outside ... in between.
Rinse them, rinse them, wipe them dry,
Tell those germs to say good-bye!



Cleaning the Table

(Tune: "The Farmer in the Dell")

We're cleaning up the table,
We're cleaning up the table,
We're putting all the dishes away,
We're cleaning up the table.



Wash, Wash

(Tune: "Row, Row, Row Your Boat")

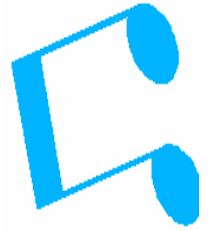
Wash, wash, wash your hands,
(pretend washing hands)
Wash before you eat.
Happily, happily, happily, happily,
Washed hands are so neat!



Washing Dishes

(Tune: "My Bonnie Lies Over the Ocean")

We put the water n the dishpan.
We put some dish soap too.
We wiggle out hands in the water,
And the bubbles come tumbling through.
Soap suds, soap suds
You feel good and clean dishes, too-oo-oo
Soap suds, soap suds
You feel good and clean dishes, too.





Wash Your Hands
(Tune: "Jingle Bells")

Wash your hands,
Soap your hands,
Rub them to and fro.
Rinse your hands, dry your hands,
Then you're all set to go!

Active Play



Stay Active!
(Active song)

We stay active and in shape
When we exercise every day

We wiggle up, and wiggle down
We wiggle our bodies all around

We jump up, and jump down
We jump our bodies all around

We stand up, and sit down
We move our bodies all around

We stretch up, and stretch down
We stretch our bodies all around

We stay active and in shape
When we exercise every day

Notes: Add in your own active movements
such as stretching, climbing, or skipping.



On a Picnic We Will Go
(Tune: "Farmer in the Dell")

On a picnic we will go.
On a picnic we will go.
Let's fill our basket up (put a basket in the middle of the group).



On a picnic we will go.
(Child's Name) brings a food item (ex. apple)
(Child skips to the basket and puts the food inside)
(Child's Name) brings a (Child skips back to group)
Let's fill our basket up.
On a picnic we will go.

Notes: Continue these verses until all of the children have had a turn. When the song is over, take the items out of the basket. Have the children sort food into groups of healthy and unhealthy choices. I use items from our dramatic play center for this activity. You can also have children bring in empty food containers from home.



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