

Smart & Tasty 2: Good Food Moves Lyrics for Music CD

~ Main Menu 38:20

1. Abracadabra 2:55
2. One Banana 2:42
3. Corn, It Pops! 1:60
4. Farmer's Garden 2:25
5. Go! Whoa! 2:55
6. Pour, Whip, Chop, Toss 2:30
7. Crisscross Applesauce 2:07
8. We Toss the Apples 1:58
9. Pizza Time 3:46
10. We Eat Tortillas 2:13
11. We Eat Food That's Hot 1:49
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~ A La Carte 22:08

18. Abracadabra 2:48
19. One Banana 2:42
20. Corn it Pops 1:55
21. Go! Whoa! 2:55
22. Crisscross Applesauce 2:07
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24. I Eat Food That's Hot 1:49
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26. Feeling Kinda 1:44
27. --- Thank You ---

Put some FLAVOR in the FUN!

Here are more scrumptious tunes that teach children how to have **FUN** with **FOOD** while they learn about **HEALTHY EATING** and getting **PHYSICALLY ACTIVE**. This tasty mix of gross motor and educational songs teaches the whole child. Kids learn to toss the apples, leap with bananas, get active in the farmer's garden, pop like corn, scissor kick their celery sticks, make a pizza step-by-step, chop and toss up a recipe, move with the colors on their plate, and more.

The collection includes instrumentals for more interaction, background music, looping and personal creativity. A quick-view guide is printed on the inside cover.

Approx. running time: 62 min.
Recommended for preschool thru early primary
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1. Abracadabra

A magical turn, a flick of the wrist, or a snap of a scarf, and children create moves for these uniquely named foods. This is also a great sing-along song filled with repetition that can improve language skills. Children repeat the magical commands two times after they are said, and the magical dish one time after it is said.

Explore other snacks and meals with strange names. Let kids create their own magical foods and moves to go along with them.

*Okay, I have my fairy dust, my magic wand....
I think I'm ready.*

Abracadabra

Zillama zam, Zillama zam, Zillama zam,
One turn a flick of the wrist and, **BAM!**
(turn left to right, or in a complete circle,
then flick your wrist and yell, **BAM!**)

I can turn berries into blue berry jam
(free dance or hand jive)

I can turn berries into blue berry jam

Abracadabra

Zillama zog, Zillama zog, Zillama zog
One turn a flick of the wrist and, **BOG!**
(turn left to right, or in a complete circle,
then flick your wrist and yell, **BOG!**)

Celery & raisins are ants on a log
(walk/march in a straight line with arms out for
balance - or - walk your fingers up & down arm)
Celery & raisins are ants on a log

Abracadabra

Zillama zick, Zillama zick, Zillama zick
One turn a flick of the wrist and, **FLICK!**
(turn left to right, or in a complete circle,
then flick your wrist and yell, **ZIP!**)

Peanut butter and pretzels are mud on a stick
(balance on 1 foot, or bend & knock mud off shoes)
Peanut butter and pretzels are mud on a stick

Abracadabra

Zillama zash, Zillama zash, Zillama zash
One turn a flick of the wrist and **SPLASH!**
Fruit or potatoes are monster mash
(stomp and mash with feet -or- mash the
food with the palms of your hands)
Fruit or potatoes are monster mash

Abracadabra

Zillama zoe, Zillama zoe, Zillama zoe
One turn a flick of the wrist and, **GO!**
(turn left to right, or in a complete circle,
then flick your wrist and yell, **GO!**)

My gold fish are swimming in a bowl
(raise and lower hands & arms in a swimming motion)
My gold fish are swimming in a bowl

Abracadabra

Zillama zum, Zillama zum, Zillama zum
One turn a flick of the wrist and, **SQUIRM!**
(turn left to right, or in a complete circle,
then flick your wrist and yell, **SQUIRM!**)



1. Abracadabra ~ Continued

Cheese & Spagetti are wiggly worms
(shake and wiggle body -or- wiggle hands/fingers/feet)
Cheese & Spagetti are wiggly worms

2. One Banana

A silly song that has bodies moving all over the place:
Not only are the kids moving with the fruits and veggies,
they are also required to test their listening & memory
skills when they shout the responses to "How many?"
and "What are they?" Use fingers or cue cards for visual
identification of both the numbers and foods. Moving,
listening and answering within a specified period of time
can be challenging for young children.
Take the counting as high as you can as children come
up with their own unique rhymes. Tie in phonics and
color identification where you can.

1 banana, 2 bananas, 3 **bananas**, 4
4 bananas **leaping** over shells on the shore (**Leap**)
4 bananas leaping over shells on the shore
How many? (**Four!**) What are they? (**Bananas!**)
4 bananas leaping over shells on the shore

2 carrots, 3 carrots, 4 **carrots**, 5
5 carrots zigzag with fireflies
(move in a zigzag pattern —or— crisscross feet)
5 carrots **zigzag** with fireflies
How many? (**Five!**) What are they? (**Carrots!**)
5 carrots zigzag with fireflies

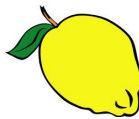
3 grapes, 4 grapes, 5 **grapes**, 6
6 grapes **bouncing** on a pogo stick
(jump around as high as you can)
6 grapes bouncing on a pogo stick
How many? (**Six!**) What are they? (**Berries!**)
6 grapes bouncing on a pogo stick



4 peas, 5 peas, 6 **peas**, 7
7 peas **skipping**, 4 more is 11
(skip around, leading with alternate feet)
7 peas skipping, 4 more is 11
How many? (**Seven!**) What are they? (**Peas!**)

7 berries skipping, 4 more is 11
5 apples, 6 apples, 7 **apples**, 8
8 apples **prancing** to the apple crate
(prance like a horse)
8 apples prancing to the apple crate
How many? (**Eight!**) What are they? (**Apples!**)
8 apples prancing to the apple crate

6 turnips, 7 turnips, 8 **turnips**, 9
9 turnips **turning around** the monkey vine
(twist and turn in half or slow full circles)
9 turnips turning round the monkey vine
How many? (**Nine!**) What are they? (**Turnips!**)
9 turnips turning round the monkey vine



7 lemons, 8 lemons, 9 **lemons**, 10
10 lemons **squeeze between** the bowling pins
(Side-step between objects or people)
10 lemons squeeze between the bowling pins
How many? (**Ten!**) What are they? (**Lemons!**)
10 lemons squeeze between the bowling pins

3. Corn, It Pops!

In this catchy **sock-hop** rhythm, we explore foods that
come from corn. There so many ways to interpret popping,
take your pick or make up your own:

- POP open their hands in the air
- POP up from the floor or a chair like hot kernels
- Jump & POP around
- POP child-safe objects around on a parachute or sheet
- Toss and catch scarves or sponge balls
- Keep scarves, balloons, or beach balls from hitting the floor.

Corn it pops, pops, pops - pops, pops, pops
Corn kernels pop, pop, pop - Shoo-be-doo-wop
Corn pops - In the pot, piping hot

pops, pops, pops x2

Tiny yellow kernels heat and - pop, pop, pop
Shoo-be-doo-wop
What a snack, by itself - nothing else, nothing else
Whole kernel, fresh corn, - makes creamed corn,
or popcorn, or corn starch, or corn flour,
or corn oil, or corn meal
pick ears from the top, of the crop
from the top, of the crop
Corn it pops, pops, pops
pops, pops, pops
Pick up some, when you shop
Shoo-be-doo-wop x2
What a snack, by itself,
nothing else, nothing else
Whole kernel, fresh corn, makes creamed corn,
or popcorn, or corn starch, or corn flour,
or corn oil, or corn meal
pick ears from the top, of the crop from the top, of the crop
Corn it pops, pops, pops
pops, pops, pops
Shoo-be-doo-wop
Pick up some, when you shop
Shoo-be-doo-wop x2
Corn it pops, pops, pops



4. Farmer's Garden

An upbeat song about picking fresh pro-
duce in the farmer's garden. Perfect for
restricted space. Use
imaginary or fake foods. Lay out poly spots, construction
paper, or foam sheets. Post pictures or cut-outs of fruits
and vegetables around the room. Let
children come up with their own healthy
produce and find creative ways to gather their favorite fruit
or veggie?

I went to the farmer's garden
(walk or jog in place—continue through verse)
Just to see what I could buy
Had so much there that I wanted
Fruits & veggies, my oh my

Reached up to pick bananas. Yeah Yeah! x3

Reached up to pick bananas. Come on!
Reach up. Reach up. Reach up
Reach.... *clap, clap*

4. Farmer's Garden ~ Continued

I turned to squeeze the oranges. *Yeah Yeah!* x3

I turned to squeeze the oranges. Come on!
Turn, squeeze. Turn, squeeze. Turn, squeeze
Turn.... *clap, clap*

Thumped fingers on the melons. *Yeah Yeah!* x3

Thumped fingers on the melons. Come on!
Thump, thump. Thump, thump. Thump, thump.
Thump... *clap, clap*

Stretched out to weigh the lettuce. *Yeah Yeah!* x3

Stretched out to weigh the lettuce. Come on!
Stretch out. Stretch out. Stretch out.
Stretch... *clap, clap*

I peeled back on the corn husks. *Yeah Yeah!* x3

I peeled back on the corn husks. Come on!
Peel back. Peel back. Peel back.
Peel... *clap, clap*

Bent down to pick tomatoes. *Yeah Yeah!* x3

Bent down to pick tomatoes. Come on!
Bend down. Bend down. Bend down.
Bend... *clap, clap*

Reached back to grab the berries. *Yeah Yeah!* x3

Reached back to grab the berries. Come on!
Reach back. Reach back. Reach back.
Reach... *clap, clap*

I went to the farmer's garden
Just to see what I could buy
Had so much there that I wanted
Fruits & veggies, my oh my



5. Go! Whoa!

It's the Surgeon General's message to people of all ages. There are foods and activities that help our bodies GO, and there are foods that SLOW our bodies down. Take the children on a make believe journey as they slow down and speed up using "follow the leader" style moves that they might do every day to lead or not lead a healthy active lifestyle. Move fast in a variety of silly ways, and then slow those moves down until you are moving in slow motion. Imitate sitting, laying down, moving like a sloth, repetitively eating fatty snacks, or playing electronic games.
Sample fast moves: jump, skip, run, side-step, cross one foot in front of the other, lay on back and ride bike, etc.

Some foods make us go, GO!
Some foods make us S... L... O... W!

---- Music speeds up

Healthy meals
Say GO! **GO!**

Loving hugs
Say GO! **GO!**

Fruits & Veggies
Say GO! **GO!**



Naps & Bedtime

GO! **GO!**

---- Music slows down

WHOA!

Food that's not so good for me
Sitting, watching the TV
Computer games
that keep me busy
All slow me down...

---- Music speeds up



Healthy snacks

Say GO! **GO!**

Active play
Say GO! **GO!**

Fruits & Veggies
Say GO! **GO!**

Milk or Water
Says GO! **GO!**

---- Music slows down

WHOA!

Food that's not so good for me
Sitting, watching the TV
Candy, soft drinks
chips, cookies
All slow me down...

~ REPEATS

6. Pour, Whip, Chop, Toss

A fine motor recipe for the hands or entire body. Introduces rhythm, demonstrates sequencing, tests the memory, and enhances listening skills. Follow this imaginary recipe using movements that speed up as the song progresses (pour, whip, chop, toss). Let kids come up with four of their own moves for the instrumental version.

Children will use their dominant hand throughout the song, unless you instruct them to alternate back and forth on each verse so that they use the non-dominant hand as well.

Can I cook with you?
Sure can!

We pour, and we pour,	
and we pour, and pour, and pour	x2
We whip, and we whip,	
and we whip, and whip, and whip	x2
We chop, and we chop,	
and we chop, and chop, and chop	x2
We toss, and we toss,	
and we toss, and toss, and toss	x2

That smells good!
It does, doesn't it?

We pour, and we pour,
and we pour, and pour, and pour
We whip, and we whip,
and we whip, and whip, and whip
We chop, and we chop,
and we chop, and chop, and chop
We toss, and we toss,
and we toss, and toss, and toss

- Verses speed up / repeat

Can I taste it?
You sure can!

- Repeat condensed verse

Let's make it a little faster.
Yeah, let's do that.

- Repeat condensed verse



How about we speed it up some more?
Are you ready?
Ready!

- Repeat condensed verse

It's time to eat!

7. Crisscross Applesauce

With your backs to the ground, and your legs and arms in the air, crisscross our legs and/or crisscross arms (make "X's right to left) mixing the apple sauce, bicycle peddle around a coconut shell, scissor kick their celery sticks (head-to-toe making Vs in the air), with heels together we press our long bean sprouts in-and-out, and flip-flop our flat bodies over-and-over like a pancake (chest to back). Moves can be modified for standing or sitting.

Standing moves: cross-country ski, march, jumping jacks, squats, half-turns.

Back to the ground
We've got our
back to the ground
Legs in the air
We've got our
legs in the air
And we crisscross
apple sauce
side to side
makin X's in the sky
(cross legs and arms to
make Xs in the sky)

Crisscross
apple sauce
side-to-side x2
As we cross our legs
From left to right
making X's in the sky

Bicycle peddle
'round a coconut shell x2
As we peddle 'round
to this sweet little song
peddle faster
and you're gone

Scissor kick
those celery sticks x2
From top to bottom
up and down you mix
as we scissor kick
those celery sticks

Pressing out
those green bean sprouts x2
We are pullin' 'em in
and we're pushin' 'em out
as we press our
green bean sprouts

Flip flop
carrot tops
over and over x2
Flippin' onto our tummies
Floppin' on our backs
as we flip flop
carrot tops



8. We Toss the Apples

It's the next step after "We Pass the Apples." Kids sort and toss child-safe objects such as fake food, beanbags, foam balls, or yarn balls into a receptacle or to each other. Toss by item, color, shape, or number - into matching receptacles. Young children should toss under-handed, using their dominant hand until they become more coordinated. The older the child, the more you can increase the tossing distance, and attempt to toss over-handed.

We toss the apples one-by-one Hurrah! Hurrah!
Toss very closely one-by-one Hurrah! Hurrah!
We toss the apples in the can
Inside is where they ought to land
So toss under, over and in, with you hand
If you miss, try again

Boom, boom, boom, boom x2

We toss the peaches one-by-one Hurrah!
Hurrah!
Match shapes or colors one-by-one Hurrah! Hurrah!
Like red-to-red, and blue-to-blue
If there is a number, match that too
So toss under, over and in, with you hand
If you miss, try again
Boom, boom, boom, boom x2



We toss the bananas one-by-one Hurrah! Hurrah!
Step farther back, and toss them in Hurrah! Hurrah!
We toss bananas in the can
Inside is where they ought to land
So toss under, over and in, with you hand
If you miss, try again

Boom, boom, boom, boom x2

We toss the mushrooms one-by-one, Hurrah! Hurrah!
Match shapes or colors one-by-one, Hurrah! Hurrah!
Like circle-to-circle, and square-to-square
Toss underhanded through the air
So toss under, over and in, with you hand
If you miss, try again

Boom, boom, boom, boom x3
Boom, boom, BOOM!



9. Pizza Time

Make a pizza in some simple sequential steps.

Following a recipe, and work together. Make a pizza: wash hands, roll dough, toss dough, gather toppings, top dough, slide it in to bake, clap hands and cheer. It's PIZZA TIME!

Use hand and body motions, or introduce a parachute, manipulatives, or individual sheets of paper. Count the sections, sort the toppings, or roll-play buying and serving portions. Help children create their own **pizza puzzle** using **Diagram A1 & A2** Once they cut it up into large pieces, they have to put it back together.

Wash your hands
We're gonna
make a pizza x3

Let's start with the dough
PIZZA TIME!

Roll the dough
We're gonna
make a pizza x3

So, first we roll dough
PIZZA TIME!

Toss the dough
We're gonna
make a pizza x3

And so we toss the dough
PIZZA TIME!
Gather toppings

We're gonna
make a pizza x3

Gather toppings
for the dough
PIZZA TIME!

Top the dough
We're gonna
make a pizza x3

It's time to top the dough
PIZZA TIME!

Slide it in
We're gonna cook a pizza x3

It's time to cook the dough
PIZZA TIME!
Clap your hands

We made a yummy pizza x3
PIZZA TIME!



10. We Eat Tortillas

This circle song uses the traditional "Mexican Hat Dance" to introduce breads from around the world. Dance it as a simple circle song with kids holding hands and walking around during the slow portion. Speed up into an alternating—heel dig / clapping in front—for the hat dance during the faster portions. It's a great transition into a discussion about the bread group, or a bread taste test.

10. We Eat Tortillas (continued)

In North Africa you'll eat Injera
(Hold hands and walk in a circle)
And in Greece, you might find a pita
In parts of the US it's corn bread
And in Mexico we eat tortillas
-----Mexican Hat Dance
(Alternating—heel digs while clapping in front)

If in France you might eat some baguettes
(Hold hands and walk in a circle)
And in Italy, maybe Foccacia
If in Ireland you may call it Soda (bread)
And in Mexico we eat tortillas
-----Mexican Hat Dance
(Alternating—heel digs while clapping in front)

If in Russia you'll eat Carav-i (carav-eye)
(Hold hands and walk in a circle)
And in Israel you might eat some Challah
If in India you may find some Roti
And in Mexico we eat tortillas
-----Mexican Hat Dance
(Alternating—heel digs while clapping in front)

If in England you might eat a crumpet
(Hold hands and walk in a circle)
And in Sweden you may eat some Limpa
In Germany you will find Bauernbrot
And in Mexico we eat tortillas
-----Mexican Hat Dance
(Alternating—heel digs while clapping in front) x2



11. We Eat Food That's Hot

We prepare and eat food in a variety of ways: fresh, cooked, cold, hot, etc. Discuss how following simple rules can keep us from getting sick, and when to ask questions about food. This song is a great transition into a taste test. This song was the inspiration behind the picture book, "We Eat Food That's Fresh."

We eat food that's hot
We eat food that's cooked
We eat food prepared
from a recipe book.

We eat food that's grown
We eat food that's not
What'd you eat last week
Hmmm, forgot?

You might just want
To try something new
Meat, beans, shellfish,
Or a pot of stew

We eat food that's chilled
We eat food that's cold
We eat food that's
1, maybe 2 days old

We don't drink too much
and lose our appetite
Don't eat food off the floor

Or start a big food fight
You might just want
To try something new
Figs, Dates, Kiwi,
Or some honeydew
We always ask questions.
If it doesn't look right
If it's not the right color
Or, it smells up a fright
It can't be dirty
Has to be just so
And we won't take food
From anyone
we don't know
You might just want
To try something new
Okra, Peas, Beets
Great veggies for you

We eat food that's hot
We eat food that's cold
We eat food that's fresh
We eat food that's sold

We eat 3 square meals
Morning, noon and night
We'll try something new
Give us one little bite

12. SHOUT!

Children are always asked to be quiet, but in this song they throw their hands up and **SHOUT** to spread the message about making healthy food choices, staying physically fit, and keeping active. Clap along, free dance, locomotor around the room, follow the leader, and cheer.

Okay boys and girls
Raise your hands in the air
Clap along, and tell us
what you want us to do.

Give me energy
Help me fight disease

SHOUT!
Hey, Hey! X2

Choose good food for me
That is more healthy

SHOUT!
Hey, Hey! X2

Don't want those chips
Going past my lips
Shout for the carrots
and celery sticks

SHOUT!
Hey, Hey! X2

Don't eat the same
Let's make a change
SHOUT!
Hey, Hey! x2

No more French fries
Plan what you buy



SHOUT!
Hey! Hey! X2

Pick fruit instead
And whole grain bread
Let's have some milk
Watch what I'm fed

SHOUT!
Hey, Hey! x2

Boost my activity
Turn off that TV
Help me run fast
So my body lasts

SHOUT!
Hey, Hey! x2

I will grow strong
We can't go wrong

SHOUT!
Hey, Hey! x6

13. A Rainbow on My Plate

Food comes in a rainbow of colors, the brightest of which are fruits and vegetables. What happens if we mix up colors? If children have one of these colors on their plates they can sit or stand to complete the action: Blue / Tap Shoe, Purple / Wave in the air, Green / Wipe hands clean, White / Hug body tight, Yellow / Wave hello, Orange / Tug ear, Red / Pat head.

What other colors are on their plate? Can the kids create their own rhyming action? Transition children into a color activity.

There's a rainbow on my plate
(Raise arms and move both hands in a rainbow arc overhead, side-to-side)
And I'm not going to wait
It's taking up all my space

13. A Rainbow on My Plate

Lots of colors on my plate
(Reach out and imaginary pick colors out of the air)
Mixed up before I ate
(Act like you are mixing in a bowl)
All end up in the same place
(Rub tummy)
Red and yellow made orange
(Mix, continue mixing)
Blue and yellow made green
Blue and red makes purple, too



What colors do you have
(Form circles with each hand and hold them up to your eyes like imaginary binoculars)
What colors do you see
On the plate in front of you
(Draw a circle in front of you with your hand)

If you see **blue**
Then tap your shoe.
If you see blue
Then tap your shoe.
Blue, blue, blue
Tap your shoe

If **purple** is there
Then wave in the air
If purple is there
Then wave in the air
Purple is there
Wave in the air

If you see **green**
wipe your hands clean
If you see green
wipe your hands clean
Green, green, green
Wipe them clean

When you see **white**
Hug your body tight
When you see white
Hug your body tight
White, white, white
Hug it tight

If you see **yellow**
Then wave hello
If you see yellow
Then wave hello
Yellow, yellow
Wave hello

If **orange** is near
Then tug your ear
If it's orange is near

Then tug your ear
Orange is near
Tug your ear

If you see **red**
Then pat your head.
If you see red
Then pat your head.
Red, red, red
Pat your head

Do you see any colors
I haven't said?
Do you see any colors
I haven't said?

Colors I haven't said...
There are colors I see
(binoculars over eyes)
On the plate in front of me
(make a circle with hand)
They are colors that I know
(point to head)
And I see them all the time
(binoculars over eyes)
And I eat them just fine
(bring utensil to mouth)
Even if they aren't
in the rainbow
(Arc an imaginary rainbow
overhead, side-to-side)

14. Peanut Butter Blues

This bluesy tune is designed to work with the peanut butter & jelly stretch. Begin by sitting with your legs stretched straight in front of you...
Spread imaginary peanut butter on the top half of your body, spread jelly on the lower half, and then lean

gently forward and press the two halves together - reaching for your toes (pressing arms, chest, and stomach against thighs and shins). Hold your body in a gentle stretch. *The sandwich is made!*

You can do the same stretch while standing if you have a good command of balance and control when you reach for their toes.

Went to the kitchen for something to eat
Peanut butter & jelly was all I could see
Oh no. Oh no. Oh no.
(rub your empty belly)
I'm so hungry

Grabbed the peanut butter
(twist to one side and grab imaginary jelly & bread)
And the jelly jar. Two slices of bread
Didn't have to reach far

I pulled out a plate
(twist to the other side and grab
napkin & spoon)
Oh, and my napkin. Grabbed a spoon
Dipped it on in

Put the peanut butter on and spread it so fine
(spread the peanut butter on one half of the body... arms, chest, tummy)
Spread to the edges, and I took my time

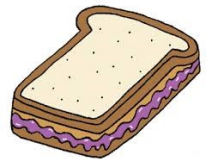
Then spread the jelly on the other side.
(spread the jelly on the other half of the body... thighs, calves, feet)
Flat and smooth. Far and wide

Took the slices, as neat as I could
(bend forward and press the body together
to make a sandwich — reach for your toes...
hold the stretch)
Pressed them together. It looked so good

I stared for a minute at what I'd made
(taking deep breaths, hold the stretch)
Looked quite tasty sitting where it laid

Sliced my sandwich. Sliced it in two
(slice between the legs, open them wide into a "V")
Half for me and half for you
(press down on one side...hold, and then the other... hold)

Let's eat the crumbs after we're through
(pressing chest forward, reach into the middle and gobble up the crumbs)



15. I'm Feeling Kinda Sick

Great for resting and reviews the things we do when we don't feel well... how our body tells us to slow down.
Discuss how eating healthy foods and keeping active can make our bodies strong.

I'm feeling kinda sick
So, I'm staying in my bed
I drank some orange juice
Put a compress on my head

I had a glass of milk
Ate some cream of wheat
Laid my head on a pillow
Put a blanket on my feet

15. I'm Feeling Kinda Sick

~ Continued

Slurped chicken noodle soup
With a big fat spoon
I'm taking extra care
So I'll feel better soon

I've eaten all I could
Moved the tray off my lap
Wiped off my face and hands
Laid down for a short nap

I woke up feeling better
Not as weak as before
My body will grow stronger
If I just eat some more

Like food with healthy things
That my body needs
I'll make sure I eat foods
That are good for me



16. Take Me Out To The Drive-Thru

This important message reminds parents and children to make healthy food choices when dining out, set good examples, and to keep active more than 30-minutes a day. Get up and dance together!

Admittedly, the music is designed to appeal to parents, so that they will listen more attentively :)

You can take me out to the drive through
Take me out for a ride.
But, don't buy me soda or greasy fries.
Their no good for me. Wouldn't be wise.

Can we make some other food choices
Fresh veggies, water, some milk?
When it's fast and late
we can choose healthy food to take

You can, take me out to the drive through
Take me out for a ride.
Pass on the cookies and fatty snacks
I'd feel like my body was under attack

Can we make some other food choices
Yogurt, a salad, fresh fruit?
When there's food to take
those bad habits are hard to break



-----Interlude -----

Now we've eaten out at the drive though
We've gone out for a ride
We ate small portions, no super-size
Let's go for a walk. Get some exercise

We can dance, play ball, use our scooters
Keep active more than 30-minutes a day
Staying on the move helps us maintain a healthy weight



17. Escoje Bien

This is a traditional Mexican polka that includes an English translation. It makes a perfect circle song with hands linked, moving in and out, around, and in and out again with arms waving, and feet kicking — back the other way. Use a parachute (or a table cloth)!

Tu' escojes comida saludable
Choose your healthy foods
Su familia escojan de esos
and the family will choose from those
Comida de todos los grupos
Choose food from all groups
Incluyes las verduras y frutas
Include the vegetables & fruits
No trates de comer mucho dulces
Try not to eat so many sweets
Y no mires mucha television
and don't watch too much TV
Muevanse y bailen
Keep active and keep moving
y nuestros seran fuertes
And our bodies will grow strong



CREDITS

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Contra Costa WIC Program

"1 Banana" Inspired by Trisha Torre

"Pour, Whip, Chop, Toss"

Written by the attendees at CAEYC

"Take Me Out To The Drive Through" and "Shout!"

Inspired by Jeannie McCarthy, GymTastics



**Thank you for listening, and
welcome to the CLUB!**

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