

Smart & Yummy 2: Good Food Tunes

WINNER! 2009 Parents' Choice Recommended Award

1. Jambo!
2. Hey, Mango
3. Two Carrot Sticks
4. Jack Climbed the Bean Stalk
5. Baboon Bananas
6. Peas Cooking Hot
7. Stone Soup
8. Can You Make a Rainbow
9. Melons Roll
10. Up in the Orchard
11. Burrito Banditos
12. Fuzzy Wuzzy Twist
13. Old MacDonald Had a Farm
14. Dem Bones
15. Miss Mary Mack
16. There's a Farmer Milking
17. To Market, To Market
18. Jell-O Jiggles
19. Who Stole the Peanuts
20. I Wash Those Germies
21. Come Along

Spanish Versions

22. Hey Mango!
23. Two Carrot Sticks
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25. Can You Make a Rainbow
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29. Jell-O Jiggles
30. Come Along

Approx. running time: 44 min.

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Smart & Yummy songs and activities are designed to be enjoyed by young children who range from toddlers (defined as young child learning to stand and walk) to preschoolers. But, even kindergartners will enjoy these musical activities, which can be modified to engage different ages at different stages. All of these activities can be introduced using moves and your imagination, and the movement suggestions that follow are meant to be used as a guide, not as a rule. Most of the activities can be simplified or expanded upon, depending upon the physical abilities of the children.



Preschoolers and kindergartners will imitate the example of a caregiver, follow the instructions, or interpret the moves on their own. But, toddlers who are not stable when moving independently should be assisted by adults with gentle movements, animated facial expressions, and engaging voices. Toddlers should be supported in a caregiver's lap, laid on a flat surface, held securely aloft, seated securely, or supported when moving independently.

Encourage young ones to move their arms and legs, help them clap and pat, assist them with simple hand motions, support them while they bounce and jump, hold or support them for a dance, make silly faces, find their tickle spots, encourage them to reach and touch, sway and swing with them, let them toss (project away from the body) and retrieve, allow them to bang and drum, cheer them on as they move and GROW!

Use discretion and common sense when introducing new activities to young children of any age. Props and toys are not required, but when using props, toys, or instruments, make sure they are age-appropriate and child-safe. Read labels and warnings before introducing activities to young children, and pay close attention to consumer recalls. * Newborn activities should be gentle and soothing. Do not engage newborns vigorous play.



1. Jambo

"Jambo" means "Hello!" in Swahili (Africa). **Get up, get moving, eat healthy, and be wise. It's time to dance! Move arms, shake hips, raise and lower shoulders, and move legs. Mix it up! Feel the beat and move those feet.**

JAMBO! JAMBO! JAMBO!
Gotta eat healthy
and move you know

JAMBO! JAMBO!
Arms are moving
Here we go

Move the hips
Left and right



Make the shoulders
Loose and tight

JAMBO! JAMBO!

Move the legs
And GO, GO, GO!

JAMBO! JAMBO!
Up and down
We go, go, go

1. Jambo ~ Continued

JAMBO! JAMBO!
Mix it up and
GO, GO, GO!

Healthy moving
Feel the beat

Arms and legs
And hips and feet

JAMBO! JAMBO!

2. Hey Mango (Tots)

Raise your arms: up, down, and all around. Wiggle and twist during the “papaya” & “guava” verse. Use child-safe instruments or simple props like shakers, scarves, streamers, or paper napkins. If using a parachute or table cloth, raise it high enough to see everyone underneath, bring it down to touch the ground, and then walk around in a circle (or keep one hand on the parachute while turning the body completely around). Shout out the 5 “Heys!” while holding your fingers up one at a time.

Hey, Hey, Hey!
Hey, mango!
Up, up, up you go

Hey mango!
Down, down, down
you go

Try a sweet papaya
Or juicy little guava
Mango!

Hey, Hey, Hey!
Hey, mango!
Around & around you go
Hey, mango!
Around & around you go

Try a sweet papaya
Or juicy little guava
Mango!
Hey, Hey, Hey!



Hey mango
Up, up, up you go

Hey mango
Down, down,
down you go

Try a sweet papaya
Or juicy little guava

Mango!

Hey, Hey, Hey!
Mango!

3. Two Carrot Sticks

Move your body to the rhythm while laying, seated, or standing. Be sure to twist and turn, and raise your arms high and low.

I've got carrot sticks
(Chopping arm motion,
straight leg kicks, or both)
I've got 2 carrot sticks
I've got 1, 2 carrot sticks
I've got 1, 2 carrot sticks

I've got peas that roll
(Ball up hand into a fist
and roll it around in the
air)
I've got 2 peas that roll
I've got 1, 2 peas that roll

I've got summer squash
(Smash palms together,
or zigzag feet back and
forth—flat on the floor)

I've got 2
summer squash
I've got 1, 2
summer squash
I've got 1, 2
summer squash

Clap, clap
Clap, clap
Clap, clap
Clap, clap

~ REPEAT



4. Jack Climbed Up a Bean Stalk

Climb up the bean stalk using hands and feet, either sitting, standing or laying down on your back.

Jack climbed
up the bean stalk
(Pretend to climb)
There he goes
There he goes
There he goes

Up, up went Jack
(Continue to climb)
There he goes
Smelling the good food
With his nose
(Tap nose)

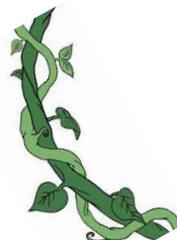
He shoed away a fly
That landed on his thigh
(Brush the fly off a thigh)
On his thigh
On his thigh

He knocked off a gnat
(Knock the gnat off a hat)
That landed on his hat
On his hat
On his hat

Oh, he had
a little trouble
(Continue climbing)
While he climbed
But he held on tight
And took his time

He shook off a bee
(Lift and shake a knee)
That landed on his knee
On his knee
On his knee

He knocked off an ant
(Lift and shake a leg)
Crawling up his pants
Up his pants



5. Baboon Bananas

Mimic the moves of a silly baboon, climb the banana tree, and shake the bananas free. Climb using hands and/or feet. Grab hold of an imaginary tree (or instrument) and shake it. Do you eat bananas? "YES!" Then act like a "baboo-boo-boo-boon."

Baboo Boo Boo
Boo Boo Boon
Climbs the banana tree
(Climb the tree)

Baboo Boo Boo
Boo Boo Boon
Climbs the banana tree

He eats his bananas
Shake the bananas free
(Shake the tree, prop,
or instrument)

He eats his bananas
Shake the bananas free
Shake the bananas free
Climbs the banana tree

Baboo Boo Boo
Boo Boo Boon
Climbs the banana tree

Baboo Boo Boo
Boo Boo Boon
Climbs the banana tree

Do you want bananas?
Shake the bananas free

Do you eat bananas?
Shake the bananas free
Shake the bananas free

He's a baboooooo,
booooooo, boooooooon



6. Peas Cooking Hot

An updated version of "Pease Porridge Hot." For young children, clapping to the rhythm can be a challenge. Clap independently, try alternate clapping hands with a partner, "high 10" with a partner, even jumping while clapping. Find creative ways to move when counting. Help children count 10 of any object. Count as high as they can when the song is finished? Can they count to 10 in different languages? We can eat peas hot or cold. What other foods can we eat that way?

Peas cooking hot, (clap, clap, clap)
Peas sitting cold, (clap, clap, clap)
Pease cooking in the pot, nine days old.

1 (clap), 2(clap), 3 (clap) days
4 (clap), 5 (clap), 6 (clap) days
7(clap), 8(clap), 9 (clap) days old

Who likes them hot, (clap, clap, clap)
Who likes them cold, (clap, clap, clap)
Who likes them in the pot, nine days old.

1 (clap), 2(clap), 3 (clap) days
4 (clap), 5 (clap), 6 (clap) days
7(clap), 8(clap), 9 (clap) days old



7. Stone Soup

Drop or toss child-safe props into a receptacle, or toward a target. Drop and retrieve. Older children toss colored items in this order: yellow, blue, orange, red, purple, green, white. Give every child colorful age-appropriate props such as oversized buttons, manipulatives, fake foods, bean bags, or balls. Challenge them by starting close, and then stepping back a pace, or moving the receptacle farther away. Toss with the right hand, then the left. Toss overhanded then underhanded. Compare the colors to the rainbow of vegetables that can be used to make soup. Recommended reading: "Stone Soup," of course.

Don't want that (clap)
stone soup
Toss veggies in the pot

Don't want that (clap)
stone soup
I want more than just a rock

Toss something yellow (clap, clap) yellow
Toss something blue (clap, clap) blue
Find the color in front of you
Find the color in front of you

Don't want that (clap) stone soup
Toss veggies in the pot

Don't want that (clap) stone soup
I want more than just a rock

So toss something orange (clap, clap) orange
Toss something red (clap, clap) red
I just want my belly fed
I just want my belly fed

Don't want that (clap) stone soup
Toss veggies in the pot
Don't want that (clap) stone soup
I want more than just a rock

So toss something purple (clap, clap) purple
So toss something green (clap, clap) green
And toss something white
We'll have veggie soup tonight



8. Can You Make a Rainbow?

Use your hands and arms to stretch up and paint a rainbow arc overhead. Act like you are adding splashes of color by snapping your hands open: orange, red, white, blue, purple, yellow, and green. Find the colors around you. Jump on, or to, the colors when you hear them. Use manipulatives or fake foods to make a rainbow. Identify foods of each color. Can you eat a rainbow? "Yes, you can!"

8. Can You Make a Rainbow? ~ Continued

Can you make a rainbow with your hands?
Can you make a rainbow?
Yes, I can!

(Sweep arms overhead)

Add a little orange,
and add a little red

(Jump to the color or use hands - ball up fist
and then snap fingers open)

Can you make a rainbow overhead?

(Sweep arms overhead)

Did you know that you can use some veggies?

Did you know that you can use some fruit?

Did you know that you can make a rainbow?

(Sweep arms overhead)

Out of fruit and veggies that grow?

Can you make a rainbow with your hands?

Can you make a rainbow?

Yes, I can!

Add a little white, add a little blue

Can you add some purple?

I can, too.

Did you know that you can use some veggies?

Did you know that you can use some fruit?

Did you know that you can make a rainbow?

Out of fruit and veggies that grow?

Can you make a rainbow with your hands?

Can you make a rainbow?

Yes, I can!

Add a little yellow, add a little green

Can you make a rainbow for you and me?

(Point away and back to yourself)

9. Melons Roll

There are many imaginary ways to play using the shape of a circle, or a sphere (ball). Make a circle with your arms. Draw an imaginary circle in the sky or on the ground, or paint one in the air using a scarf, a streamer, or a ribbon. Balance on one foot and draw a circle with the other foot. Stand and roll your hips around in a circle. Sit cross-legged on the floor to rock and roll around in a circle. Roll your fists around each other. Lay on the ground with your body as straight as a pencil, and roll like a Tootsie Roll. Younger tots can be assisted with gentle rolls of the hands, feet, or legs, or be held in a caregiver's lap while being rocked back and forth. And...there are many ways to roll a BALL!

Melons roll

Melons roll

Melons roll around like
a big round ball

Melons roll

Melons roll

Melons roll around like
a big round ball

9. Melons Roll

Ball, it starts
with the letter B

Round like a circle in 3D

An orange, a grapefruit,
a slice of a beet

What other round
foods can we eat?

What other round
foods can we eat?

Melons roll

Melons roll

Melons roll around like
a big round ball

~ Cont.



Ball, it starts
with the letter B

Round things help
us move our feet

A soccer, tennis,
or basketball.

Name those round things.

Name them all.

Name those round things.

Name them all.

10. Up in the Orchard

Look! The fruit is ready to pick.

Reach up on your tippy toes.

Stretch to pick the oranges.

Reach to pick the grapes with

your fingers. Speed up and pick

them quickly. Pick high, low,

everywhere around you. - Pick

up manipulatives, carry them to

a receptacle, and drop them in.

Let's count how many you moved before the end of
the song.



Up in the orchard there is an orange tree,

(March around the orchard)

With the sweetest oranges you ever did see;

The oranges are ripe and ready to fall,

Reach up on your tippy toes and gather them all

(Reach up on your tippy toes)

Up on your tippy toes, reach up tall

(Stretch higher)

Reach for the oranges ready to fall

Drop them in the basket at your feet

(Squat down and touch the ground)

Peel them, and they're ready to eat

(Clap hands, and raise up)

Up in the orchard there is a green vine,

(March around the orchard)

With the sweetest grapes,

you've seen in a long time;

The grapes are ripe and ready to pick,

So, use your fingers and pick them quick

Pick with your fingers

(Pick the grapes up, down and all around)

10. Up in the Orchard ~ Continued

Pick them quick
(Pick with your pincher grasp... faster)
Pick all the grapes that you can get
(Pinch fingers all around)

Drop them in the basket at your feet
(Squat down and touch the ground)
Wash them, and they're ready to eat
(Rise up and clap hands)

11. Burrito Banditos

Wrap up healthy choices and celebrate by doing the Mexican Hat Dance: (3) heel digs and (2) claps. You don't have to clap. Try patting a body part twice instead, stomping, shaking your bootie, or combining moves. Let the kids come up with their own dance in a combination of (3) moves, then (2). Don't forget to sing along.

OHHHHHH! Oh, Oh, Oh, Oh

We are Burrito Banditos (*clap, clap*)
We are healthy and very wise (*clap, clap*)
We wrap our food in tortillas (*clap, clap*)
So that no one knows what is inside (*clap, clap*)
Clap x4

OHHHHHH! Oh, Oh, Oh, Oh

We are Burrito Banditos (*clap, clap*)
What do you think we can get (*clap, clap*)
We wrap our food in tortillas (*clap, clap*)
And, no one has caught us yet (*clap, clap*)

Clap x4

OHHHHHH! Oh, Oh, Oh, Oh

We are Burrito Banditos (*clap, clap*)
Find something we can put in (*clap, clap*)
We wrap our food in tortillas (*clap, clap*)
And so, let the eating begin (*clap, clap*)

Clap x4

OHHHHHH! Oh, Oh, Oh, Oh

And so, let the eating begin (*clap, clap*)

12. Fuzzy Wuzzy

Twist and free dance — shake the hips, the whole body, or isolate body parts. Twist high, low, around in a circle, side-to-side, behind, in front, and so on. Turn the music off at random for a dance freeze song. Compare and contrast the different textures of foods using both the tongue and the fingers.

12. Fuzzy Wuzzy ~ Continued

Food can feel funny
Outside or inside
But when it goes
past my lips
All I want to do
is twist my hips

Twist, twist, twisting hips

Fuzzy wuzzy peaches
Pokey pineapple

Twist, twist, twisting hips

Bumpy thumpy berries
Furry burry kiwi

Twist, twist, twisting hips

Ridgey pidgy celery
Bushy cushy broccoli

Twist, twist, twisting hips

Smoothy moothy apples
Hairy beary Coconut

Twist, twist, twisting hips

If it's leafy, lumpy
fuzzy or pokey
If it's hairy or smooth
As can be

It will all go into
Soft and cushy me

Twist, twist, twisting hips

Twist, twist, twisting hips



13. Old MacDonald Dug Some Dirt

Pantomime and repeat the hand motions as you move through a plant's lifecycle: Dig dirt, plant seeds, water the seeds, and grow arms and/or body straight up like a sprouting seed.

Old MacDonald had a farm
EIEIO

And on that farm he dug some dirt
(Shovel dirt up and toss it over your shoulder)

EIEIO

With a DIG, DIG here
And a DIG, DIG there
Here a DIG, there a DIG
Everywhere a DIG, DIG

Old MacDonald DUG some dirt
EIEIO

And in that dirt he PLANTED seeds
(Push the seed into the ground with your finger)

EIEIO

With a PLANT, PLANT here
And a PLANT, PLANT there
Here a PLANT, there a PLANT
Everywhere a PLANT, PLANT

Old MacDonald PLANTED seeds
EIEIO

And on those seeds, he POURED water
(Pour water from a watering can)

EIEIO



13. Old MacDonald Dug Some Dirt ~ Cont.

With a POUR, POUR here
And a POUR, POUR there
Here a POUR, there a POUR
Everywhere a POUR, POUR

Old MacDonald, he POURED water
EIEIO

And from the dirt the seeds did SPROUT
(Mimic a flower growing using your fingers & hand
or your entire body)

EIEIO
Here comes a SPROUT!
Ohooooo!
There's another one!
Ohooooo!
And another one!
And another one!

What do you think he's growing?

Old MacDonald had a farm
EIEIOooooo
EIEIOooooo



14. Dem Bones

Healthy choices help build strong, healthy bones.
Point to and touch the bones and body parts. See if
you can move the muscles around them from head
to toe: head, neck, shoulder, back, hip, thigh, knee,
calf, ankle, foot.

Dem bones, bones, bones, bones,
bones, bones, bones, bones

Dem Bones, dem bones
Dem short bones
(Push hands down to the ground)

Dem bones, dem bones
Dem long bones
(Open arms wide)

Inside my body are bones
We'll find dem bones
(Pat your body)

The head-bone connected to the neck-bone,
the neck-bone connected to the shoulder bone
The shoulder bone connected to the back-bone
We'll find dem bones

The backbone connected to the hip-bone
The hip bone connected to the thigh-bone
the thigh bone connected to the knee-bone
We'll find dem bones



The knee bone connected to the calf bone
The calf bone connected to the ankle bone
The ankle bone connected to the foot bone
We'll find dem bones

Dem bones, bones, bones, bones,
bones, bones, bones, bones

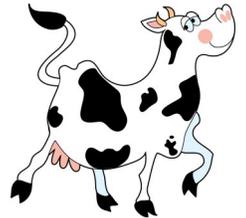
Dem Bones, dem bones
Dem strong bones
(Tighten & display your muscles)
Dem bones, dem bones
Connect bones
(Connect hands like a handshake)
Inside my body are bones
We found dem bones



15. Miss Mary Mack

Assist tots with hand motions and small bounces.
Independent children can clap, dance, jump and
move around, then pull down on those udders to
help Miss Mary milk the cow. Clap, dance, jump,
and move some more, then stir and mix the milk to
make a treat. "May we have cheese or yogurt
please?"

Miss Mary Mack, Mack, Mack
(Jump and clap to the beat)
All dressed in black, black, black
Went to the barn, barn, barn
There on the farm, farm, farm

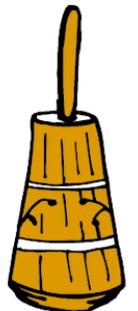


She milked a cow, cow, cow
(Pull down on the udders to milk the cow)
Do you know how
She wrapped around, round, round
And she pulled down

Miss Mary Mack, Mack, Mack
(Jump and clap to the beat)
All dressed in black, black, black
Went to the barn, barn, barn
There on the farm, farm, farm

She stirred and mixed, mixed, mixed
(Stir and mix the butter churn)
What did she fix?
She made a treat, treat, treat
That we can eat, eat, eat

May we have cheese, cheese, cheese
(Jump and clap to the beat)
or yogurt, please, please, please
May we have cheese, cheese, cheese
or yogurt, please, please, please



16. There's a Farmer Milking

Children will get a simple introduction to prepositions while they imitate the many animal actions and sounds on a farm: Cow, chicken, rooster, pig, donkey, goat.

There's a **farmer milking** in the barn
(Pull down on the udders to milk the cow)
There's a farmer milking in the barn
In the barn - Ohhh, in the barn
There's a farmer milking in the barn
MOO! MOO! MOO! MOO! MOO! MOO! MOO!

There's a **chicken pecking** near the barn
(Nod head up and down as if pecking at food)
There's a chicken pecking near the barn
Near the barn - Ohh, near the barn
There's a chicken pecking near the barn
CLUCK! CLUCK! CLUCK! CLUCK! CLUCK!
CLUCK! CLUCK!

There's a **rooster flapping** over the barn
(Flap arms and move around the room)
There's a rooster flapping over the barn
Over the barn - Oh, over the barn
There's a rooster flapping over the barn
COCK-A-DOODLE-DOO! x2



There's a **piggy rolling** by the barn
(Roll fists around each other, or roll upon the ground)
There's a piggy rolling by the barn
By the barn - Oh, by the barn
There's a piggy rolling by the barn
OINK! OINK! OINK! OINK! OINK! OINK! OINK!

There's a **donkey pulling** past the barn
(Walk or trot around the room)
There's a donkey pulling past the barn
Past the barn -
Oh, past the barn
There's a donkey pulling past the barn

HEE HAW, HEE HAW, HEE HAW
HEE HEE



There's a **goat a chewing** on the barn
(Open your mouth and start chomping)
There's a goat a chewing on the barn
On the barn - Oh, on the barn
There's a goat a chewing on the barn
BAA! BAA! BAA! BAA! BAA! BAA! BAA!

17. To Market, To Market

We're on the way to the farmer's market. Act-out these simple motor skills and imitate these sounds while standing in place, moving in a line, or forming a circle: walk to the barn, dance the jig with a pig, flap arms around the pen with a hen, bounce or jog with a hog. The animal sound effects attract more auditory attention.

To market, to market
to buy for the farm
Home again, **walking**, we walk to the barn
Home again, walking, we walk to the barn
From market to buy for the farm

To market, to market,
to buy a big pig;
Home again, **dancing**, we're dancing a jig.
Home again, dancing, we're dancing a jig.
From market to buy a big pig

To market, to market,
to buy a big hen;
Home again, **flapping** around in the pen (flap arms)
Home again, flapping around in the pen
From market to buy a big hen

To market, to market,
to buy a big hog;
Home again, **bouncing** a jiggety-jog. (jump)
Home again, bouncing a jiggety-jog.
From market to buy a big hog



18. Jell-O Jiggles

This is a great tickle song for tots, and caregivers can help them locate their body parts. Independently, children flip-flop hands like pancakes, or clap with a partner, then wiggle their Jell-O hands or fingers on different parts of the body: arm, nose, tummy, toes, head, cheek, neck, feet, shoulders, knees, elbow, and seat. Introduce a scarf or streamer to wiggle with.

Jell-O jiggles in my **hand**
Jell-O FLIP FLOP

Jell-O jiggles in my **hand**
Jell-O FLIP FLOP

I see the Jell-O on my **arm**
I see the Jell-O on my **nose**
I see the Jell-O on my **tummy**
I see the Jell-O on my **toes**

Jell-O jiggles in my **hand**
Jell-O FLIP FLOP

Jell-O jiggles in my **hand**
Jell-O FLIP FLOP

I see the Jell-O on my **head**
I see the Jell-O on my **cheek**
I see the Jell-O on my **neck**
I see the Jell-O on my **feet**

I see the Jell-O
on my **shoulders**
I see the Jell-O on my **knees**
I see the Jell-O -O
on my elbow
I see the Jell-O on my **seat**

Jello jiggles in my **hand**
Jello FLIP FLOP

Jello jiggles in my **hand**
Jello please STOP

19. Who Stole the Peanuts

Chants are fun verbal sequences whose melodies and words can be modified once children learn them. This well-known chant introduces pronouns: you, he, she, them, and me. Separate the children by gender, and help them identify whether they are a “he” or a “she.” But, you can substitute names in, also.

Who stole the peanuts
from the peanut jar?
You stole the peanuts
from the peanut jar.

Who me?
Yes you.
Couldn't be.
Then who?
Could be a she?
NOT ME!
Could be a he?
NOT ME!

What about them?
NO! NO!
Couldn't be?
NO! NO!

Who stole the peanuts
from the peanut jar?
You stole the peanuts
from the peanut jar?

Who me?
Yes you.
Couldn't be.
Then who?
Could be a she?
NOT ME!
Could be a he?
NOT ME!

20. I Wash Those Germies Off Me

Soap up, wash, rinse and dry. Sit down. It's time to eat. We also wash fresh fruits and vegetables before we prepare or eat them.

I wash those germies
off me, off me
I wash those germies
off me

I scrub with soap
No germies, nope
I wash those germies
off me

I rinse those germies
off me, off me
I rinse those germies
off me

What about them?
NO! NO!
Couldn't be?
NO! NO!

Who stole the peanuts
from the peanut jar?
You stole the peanuts
from the peanut jar.

Who me?
Yes you.
Couldn't be.
Then who?
Could be a she?
NOT ME!
Could be a he?
NOT ME!

What about them?
NO! NO!
What about me?
YES!

Rinse soap away
Then dry...and say
There ain't no germies
on me

I think that I
am ready to eat
I think I'm ready to eat

I washed my hands
And I took my seat
I think I'm ready to eat



21. Come Along!

Come along! “Tso boi” is interpreted as “Come gather!” in Ghana (Africa). A transition song about gathering together at the table for a nutritious snack or meal. Now is the time to set the table, practice table manners, taste something new, and enjoy a positive social experience.

Come along! Come along!
Tso Boi! Tso Boi!
(Gather together, Swahili)
Let's sit at the table
and eat some good food



Come along, we'll stop our
play
Let's go see what we'll eat today

Come along! Come along!
Tso Boi! Tso Boi! (Gather together, Swahili)
Let's sit at the table and eat some good food

Let's see what the food will be
We'll eat to together, you and me

We'll drink together, watch and see
Let's see what the food will be

Come along! Come along!
Let's sit at the table and eat some good food

22. Hey Mango (Spanish)

¡Hey! ¡Hey! ¡Hey! ¡Hey! ¡Hey!
(Count with fingers)

¡Hey, mango!
Arriba, te vas, arriba
(Up you go)

¡Hey, mango!
Abajo, te vas, abajo
(Down you go)

Prueba la papaya
O, una guava
(Shake and twist)

¡Mango
¡Hey! x5

¡Hey, mango!
Alrededor, te vas

¡Hey, mango!
Alrededor, te vas

Prueba la papaya
O, una guayava

¡Mango!
¡Hey! x5

¡Hey, mango!
Arriba, te vas, arriba

¡Hey, mango!
Abajo, te vas, abajo

Prueba la papaya
O, una guava

¡Mango!
¡Hey! x5

¡Mango!



23. Two Carrot Sticks (Spanish)

Tengo zanahorias (**carrots**)
 Tengo dos zanahorias
 Tengo uno, dos zanahorias
 Uno, dos zanahorias

Tengo chicharos que ruedan (**peas**)
 Tengo os que ruedan
 Tengo uno, dos chicharos que ruedan
 Uno, dos chicharos que ruedan

Tengo calabasitas (**squash**)
 Tengo dos calabasitas
 Tengo uno, dos calabasitas
 Uno, dos calabasitas

Aplaude, aplaude
Aplaude, aplaude
Aplaude, aplaude
Aplaude, aplaude

Tengo zanahorias
 Tengo dos zanahorias
 Tengo uno, dos zanahorias
 Uno, dos zanahorias

Tengo chicharos que ruedan
 Dos que ruedan
 Tengo uno, dos chicharos que ruedan
 Uno, dos chicharos que ruedan

Tengo calabasitas
 Tengo dos calabasitas
 Tengo uno, dos calabasitas
 Uno, dos calabasitas

Aplaude, aplaude
Aplaude, aplaude
Aplaude, aplaude
Aplaude, aplaude

24. Peas Cooking Hot (Spanish)

(Los) guisantes calientes
 (Los) guisantes fríos
 (Los) guisantes en la olla
 nueve días viejos

Uno (*clap*), dos (*clap*), tres (*clap*)
 Quatro (*clap*), cinco (*clap*), seis (*clap*)
 Siete (*clap*), ocho (*clap*), nueve (*clap*)
 días viejos

A quién les gustan calientes
 A quién les gustan fríos
 A quién les gustan en la olla
 nueve días viejos

Uno (*clap*), dos (*clap*), tres (*clap*)
 Quatro (*clap*), cinco (*clap*), seis (*clap*)
 Siete (*clap*), ocho (*clap*), nueve (*clap*)
 días viejos



25. Can You Make a Rainbow (Spanish)



Forma un arco iris
 con tus manos
 Puedes hacerlo?
 Sí yo puedo!

Agregua naranja y
 un poco de rojo
 Un arco iris
 Sobre tu cabeza

Sabes que puedes
 usar los vegetales
 Sabes que puedes
 usar las frutas
 Puedes hacer un arco iris?
 Con las frutas y vegetales
 que crecen?

Un arco iris
 con tus manos
 Puedes hacerlo.
 Sí yo puedo!

Agregua blanco y
 un poco de azul
 y una poca de púrpura?
 yo tambien

Sabes que puedes
 usar los vegetales
 Sabes que puedes
 usar las frutas
 Puedes hacer un arco iris?
 Con las frutas y vegetales
 que crecen?

Un arco iris con tus manos
 Puedes hacerlo.
 Sí yo puedo

Agregua amarillo y
 un poco de verde
 Un arco iris
 Para ti y para mi

26. Burritos Banditos (Spanish)

OHHHHHH!
 Oh, Oh, Oh, Oh

Somos burritos banditos
 Somos sanos y listos
 Envolvemos la comida
 aqui en las tortillas

OHHHHHH!
 Oh, Oh, Oh, Oh

Somos burritos banditos
 Qué podemos tomar
 Escondemos la comida
 (**We hide the food**)
 Nadie nos ha atrapado
 (**No one can trap us**)

OHHHHHH!
 Oh, Oh, Oh, Oh

Somos burritos banditos
 Que ponemos poder adentro
 Escondemos la comida
 Comencemos a comer

OHHHHHH!
 Oh, Oh, Oh, Oh

Comencemos a comer



27. There's a Farmer Milking in the Barn (Spanish)

Hay un granjero ordenando en la granja
 Hay un granjero ordenando en la granja
 En la granja
 Si, en la granja
 Un granjero ordenando en la granja

Moo, moo, moo, moo, moo, moo, moo

Hay un pollo picoteando cerca de la granja
 Hay un pollo picoteando cerca de la granja
 Cerca de la granja
 Si, cerca de la granja
 Un pollo picoteando cerca de la granja

Cluck, cluck, cluck, cluck, cluck, cluck, cluck

27. There's a Farmer Milking ~ Continued

Hay un gallo alleteando sobre la granja
(Rooster flapping over the farm house)
Hay un gallo alleteando sobre la granja
Sobre la granja
Si, sobre la granja
Un gallo alleteando sobre la granja



Cock-a-doodle-do, Cock-a-doodle-do
Hay un puerco que rueda cerca de la granja
(Pig rolling near the farm house)
Hay un puerco que rueda cerca de la granja
Cerca de la granja
Si, cerca de la granja
Un puerco que rueda cerca de la granja
Oink, oink, oink, oink, oink, oink, oink

Hay un burro estirando cerca de la granja
(Donkey pulling by the farm house)
Hay un burro estirando cerca de la granja
Cerca de la granja
Si, cerca de la granja
Un burro estirando cerca de la granja



HEE HAW, HEE HAW, HEE HAW HEE
Hay un chivo mascando en la granja
(Goat chewing on the farm house)
Hay un chivo mascando en la granja
En la granja
Si, en la granja
Un chivo mascando en la granja

28. To Market, To Market (Spanish)

Al Mercado, (al) mercado
(Para) a comprar para la granja (buy for the farm)
A casa, andamos, andamos así (walking)
A casa, andamos, andamos así
Del mercado compre' para la granja

Al Mercado, (al) mercado
(Para) a comprar uno Puerco (hog)
A casa, bailando, bailando así (dancing)
A casa, bailando, bailando así
Del mercado compre' uno puerco

Al Mercado, (al) mercado
(Para) a comprar la gallina (rooster)
A casa, batiendo, batiendo así (flap or beat wings)
A casa, batiendo, batiendo así
Del mercado compre' la gallina

Al Mercado, (al) mercado
(Para) a comprar uno cerdo (pig)
A casa, botando, botando así
(bounce like a ball, or walk and bound a ball)
A casa, botando, botando así
Del mercado compre' uno cerdo

29. Jello Jiggles (Spanish)

Jelatina en mi mano (hand)
Jelatina *FLIP FLOP*



Jelatina en mi mano (hand)
Jelatina *FLIP FLOP*

(Yo) miro la Jelatina en mi brazo (arm)
(Yo) miro la Jelatina en mi nariz (nose)
(Yo) miro la Jelatina en mi estómago (stomach)
(Yo) miro la Jelatina en mis deditos (fingers)

Jelatina en mi mano (hand)
Jelatina *FLIP FLOP*

Jelatina en mi mano (hand)
Jelatina *FLIP FLOP*

(Yo) miro la Jelatina en mi cabeza (head)
(Yo) miro la Jelatina en mi mejilla (cheek)
(Yo) miro la Jelatina en mi cuello (neck)
(Yo) miro la Jelatina en mis pies (feet)

(Yo) miro la Jelatina en mis hombros (shoulders)
(Yo) miro la Jelatina en mis rodillas (knees)
(Yo) miro la Jelatina en mi codo (elbow)
(Yo) miro la Jelatina en mis pompis (butt)

Jelatina en mi mano (hand)
Jelatina *FLIP FLOP*

Jelatina en mi mano (hand)
Para, por favor

30. Come Along! (Spanish)

Ven Conmigo! Ven Conmigo!
¡Tso Boi! ¡Tso Boi! (Gather together, Swahili)
¡Ven Conmigo! ¡Ven Conmigo!
Vomos a la mesa a comer bien

Pararemos de jugar ahora
Veremos lo que hay de comer

¡Ven Conmigo! ¡Ven Conmigo!
Vomos a la mesa a comer bien
Veremos lo que hay de comer
Comeremos juntos, tu y yo



Beberemos juntos, mirame
Veremos lo que hay de comer

¡Ven Conmigo! ¡Ven Conmigo!
Vomos a la mesa a comer bien

Credits:

A special thank you... To the “Twisters,” from Early Head Start’s “Little Voices, Healthy Choices” for inspiring the rendition of “Stone Soup.”

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

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