

- **WINNER! 2006 Parents' Choice Approved Award**

"An enjoyable food-themed album with an eye toward educating children about nutrition and healthy choices...." Lahri Bond
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- **Featured in National Head Start's "I am Moving. I am Learning" (IMIL) anti-obesity Campaign**

- **School Library Journal REVIEW ~ October 2006**

"Nutrition and healthy eating are the focus of these 15 songs. Although all the lyrics are original, a few of the songs are set to existing tunes, such as "Vive la Compagnie," Beethoven's "Fifth Symphony," and "Cowboy's Lament." Other musical styles include calypso, rock, jazz, Dixieland and Hawaiian. "Farmer's Market" and "Shake, Mix, Pound, Roll" are perfect songs food story time on food. Other tunes deal with table manners, spoiled food, food groups, vitamins, tropical fruits, seafood, and cleaning up after cooking. Seven of the of the songs are repeated with Spanish lyrics, and seven others are repeated as instrumental versions. All of the vocalists and musicians perform well. A good resource for classroom or library story time."

SMART & TASTY 1

Lyrics for Music CD

Main Menu:

1. We Love the Company 1:41
2. Days Old 2:04
3. Down, Down Baby 2:04
4. Farmer's Market 2:22
5. Shake, Mix, Pound, Roll 2:29
6. I Lost My Basket 3:37
7. Vitamins 1:55
8. My Favorite Game 2:30
9. Aloha! 2:24
10. Wild Vines 2:58
11. After We Cook 1:37
12. If I Lived on an Island 2:19
13. Show Me You Love Me 3:35
14. What Can I Make? 2:44
15. What Else Can I Make? 2:44

Spanish Flavor:

16. We Love the Company 1:45
17. Farmer's Market 2:23
18. Days Old 2:03
19. Down, Down Baby 2:02
20. Shake, Mix, Pound, Roll 2:05
21. My Favorite Game 2:29
22. Lost My Basket (Food Groups) 3:35

A la Carte:

23. Down, Down Baby 2:02
24. Shake, Mix, Pound, Roll 2:29
25. If I Lived on an Island 2:19
26. Wild Vines 2:59
27. What Can I Make? 2:44
28. Show Me You Love Me 3:33

Approx. running time: 69 min.
Recommended for young children
UPC: 698731-00030-9
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Can you shake, mix, pound and roll?

These delicious tunes teach young children how to have FUN while they learn about HEALTHY EATING. The blend of gross motor and educational songs teaches the whole child. Kids learn good table manners, locomotor through the farmer's market, shake & mix up a recipe, gather by food groups, step over vines, find the fruit, clean up, make food art, dance a hula, and more. The collection includes 7 Spanish versions, as well as, 6 instrumentals for more interaction, background music, looping and personal creativity. A quick-view guide is printed on the inside cover of the physical CD.

1. We Love the Company To "Vive La Compagnie"

Introduce good table manners to young children. Providing an atmosphere of fun and companionship at mealtime will encourage children to eat nutritious meals with the family, follow good examples, discuss their day, and take a break from both the television and electronics. Let kids set the table using their own decorative, personalized placemats and laminate them to use over and over again. Pantomime these moves: Take a seat at a place setting. Unfold the napkin & place it on your lap. Tap the fork on the left, and the knife & spoon on the right. Begin eating after everyone is served. Ask to "please" pass the food. Toast & cheer accomplishments. Ask to be excused when finished.

See **DIAGRAM A** for additional tips on basic table etiquette and good dinning manners that you can review with your kids.

Let's go to the table
And all take a seat
We love the company

At a place setting
on which we can eat
We love the company



1. We Love the Company ~ Continued

| | |
|--|--|
| All of our friends are here Spreading the joy and cheer Everyone we hold dear We love the company | Everyone we hold dear We love the company We love the company |
| We unfold our napkin with a snap We love the company | Pass the salad And soup, if you please We love the company |
| And place it neatly on our lap We love the company | Pass all the dishes Including the peas |
| All of our friends are here Spreading the joy and cheer Everyone we hold dear We love the company | All of our friends are here Spreading the joy and cheer Everyone we hold dear We love the company |
| A fork to the left Knife and spoon to the right We love the company | We toast, we cheer We stay amused We love the company |
| When everyone's served we'll eat tonight | And at the end May we be excused We love the company |
| All of our friends are here Spreading the joy and cheer | All of our friends are here Spreading the joy and cheer Everyone we hold dear We love the company |

2. Days Old

Review the importance of reading food labels and obeying expiration dates on both food and medication. Teach children to recognize when food might be spoiled or isn't being stored properly, and to examine food closely before putting it in their mouths by using their senses and past experiences.

Days old
Days old
Food that smells bad
may be too old
Days old
Days old
Don't eat the food
rottin' in the bowl



All food has
an expiration date
A day it goes bad
And a storage place
If it's new and opened
Don't even taste
If it's days old,
throw it away

Days old
Days old
Don't drink or eat
dairy if it's not kept cold
Days old
Days old
Don't eat the food
if it's growin' mold

All food has
an expiration date
After that
It may be too late
Check the date
Printed on the pack
If it's days old,
throw it away

Days old
Days old
Food that smells bad
may be too old
Days old
Days old
Don't eat the food
rottin' in the bowl

All food has
an expiration date
After that
It may be too late
Check your food
Both front and back
If it's days old,
throw it away

3. Down, Down Baby

Inspired by a popular playground chant, this fun clapping, dancing or jump rope chant brings more silliness to children with a hidden message to stay away from sugary foods. Clap alone, or hand jive with a partner while moving.

Down, down baby
(squat or bend down)
Bakin' hot
In the oven
(fan your face
with one hand)
Sweet, sweets baby
Straight up
(Stand up)
Don't want some more
(rock index finger
back & forth)

Sugar in the donuts
Sugar, makes me rock
(rock from one foot to the other)
Sugar in the soda
Spillin' down my sock
(bend and touch ankle)

I just can't eat some... candy
(jump)
It's so bad... for me
(jump)

Apples on the table
Peaches in a bowl
(Shake body)
Eat some baby
Body's shakin to my toes
(Shake body)

Jumpin front
Jumpin back
Jumpin off to the side
Jumpin front
Jumpin back
Jumpin off to the side



4. Farmer's Market

An upbeat gross motor song about the variety of fresh produce in the farmer's market. Lay out poly spots, carpet squares, foam sheets, post pictures/cut-outs around the room, or just pretend.

While visiting an imaginary market, kids locomotor from one stand/station to the next. Come up with your own healthy produce and make up your own moves.



I went to the farmer's market
Just to see what I could buy
I was moving this way and that way
Come on and give it a try

Walked over to the **broccoli** Yeah, yeah! x2
Walked over to the broccoli
Come on!
Clap Clap

Galloped over to the **tangerines**. Yeah, yeah! x2
Galloped over to the tangerines
Come on!
Clap Clap

4. Farmer's Market ~ Continued

Crossed over to the **strawberries** Yeah, yeah! x2
(Cross one foot over the other)
Crossed over to the strawberries
Come on!
Clap Clap

Jumped over to the **artichokes** Yeah, yeah! x2
I jumped over to the artichokes
Come on!
Clap Clap

Wiggled over to the **blueberries** Yeah, yeah! x2
Wiggled over to the blueberries
Come on!
Clap Clap

Skipped over to the **cauliflower** Yeah, yeah! x2
Skipped over to the cauliflower
Come on!
Clap Clap

Rocked over to the **pineapples** Yeah, yeah! x2
(Tick tock rock, hopping from one foot to the other)
Rocked over to the pineapples
Come on!
Clap Clap

5. Shake, Mix, Pound, Roll (To Punchinello)

A fine motor recipe for the body that introduces rhythm, tests the memory, demonstrates patterning & sequencing, and enhances listening skills. Moves speed up and condense as they progress. Come up with four of your own moves using the instrumental version.

Kids 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.

We shake & we shake
And we shake and shake and shake
We shake & we shake
And we shake and shake and shake

We mix and we stir
And we mix and stir and mix
We mix and we stir
And we mix and stir and mix

We pound & we pound
And we pound and pound and pound
We pound & we pound
And we pound and pound and pound

We roll and we roll
And we roll and roll and roll
We roll and we roll
And we roll and roll and roll

That smells good!

It does doesn't it?
We shake & we shake
And we shake and
shake and shake
We mix and we stir
And we mix and stir and mix

We pound & we pound
And we pound and
pound and pound
We roll and we roll
And we roll and roll and roll

Can I taste it!
You sure can!

We shake & we shake
And we mix and stir and mix
We pound & we pound
And we roll and roll and roll

We shake & we shake
And we mix and stir and mix
We pound & we pound
And we roll and roll and roll

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

We shake & we mix
And we pound and we roll
We shake & we mix
And we pound and we roll
We shake & we mix
And we pound and we roll



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

We shake & we mix
And we pound and we roll
We shake & we mix
And we pound and we roll
We shake & we mix
And we pound and we roll

It's time to eat!

6. I Lost It (Food Groups)

The lost food can be found and retrieved in the form of play food, colorful manipulatives, pictures, or imaginary food. Locomotor to the various groups as they are identified. And once retrieved - sort, place into receptacles, count, extend patterns, practice simple mathematics, or help plan a nutritious meal.

Food comes in a variety of textures, colors, and groups: vegetables, fruits, meats & dry beans, grains, dairy products, and sweets/fats. This is a good time to review the various food groups, their characteristics, their benefits, etc. Note: Sweets have been used in place of oils in the "Fats" group.

I lost them. Can't find them.
The veggies from my basket
Dark greens, tomatoes, carrots
Are missing from my basket.
Help fill my veggie basket

Dark greens, egg plant, carrots
Sweet corn, peas & potatoes

I lost them. Can't find them.
The fruits from my big basket
Grapes, pears, apples, & oranges
Are missing from my basket
Help fill my big fruit basket



6. I Lost It (Food Groups) ~ Continued

Grapes, pears, apples, oranges
Kiwi, berries, bananas

I lost it. Can't find it.
My meat & dry bean basket
Eggs, meats, nuts, fish & cooked beans
Are missing from my basket
Help fill my meat & bean basket

Meats like lamb, pork, or beef
Poultry, eggs, fish, cook beans

I lost them. Can't find them.
Whole grains from my big basket
Bread, rice, pasta, and cereal
Are missing from my basket
Help fill my big grain basket

Bread, rice, pasta, cereal
Oatmeal, crackers, grits

I lost it. Can't find it.
The dairy in my basket
Milk, cheese, yogurt & ice cream
Are missing from my basket
Help fill my dairy basket

Milk, cheese, yogurt
Cottage cheese, pudding

I lost them. Can't find them.
The sweets from my sweet basket
Cookies, candy, and soda
Are missing from my basket
Help fill my sweet, sweet basket

Cookies, candy, soda
Punch, pie, donuts, cupcakes

7. Vitamins

Sung to Beethoven's 5th, these quirky lyrics are about the benefits of Vitamins A, B, C, D, and E. How do our bodies benefit from the vitamins in nutritious foods? Why do we take vitamins? Vitamins are like a medicine for our bodies, not candy.

Vitamin A
Vitamin B
Vitamin A

Your body needs, for good strong teeth
For healthy bones, and healthy hair,
...For you to see

Vitamin A
Vitamin B
Vitamins C, D, E
Vitamin C



For healthy gums, for healthy teeth
To heal a scrape, to fight disease
We get our vitamins,
from foods like cauliflower,
tangerines,
From oranges, and from
bananas, grapefruit, kiwi,
broccoli, strawberries,
and tomatoes, turnips,
carrots, leafy greens
So, let's go eat it...
So, let's go eat it...
So, let's go eat it...

Vitamins A, B, C

Other things like Iron, Protein
Folic Acid, Calcium, Zinc
Nutrients your body needs

No your body
cannot make them
No your body
cannot make them
Keep it healthy.
Keep it strong.
Keep your body moving along.

8. My Favorite Game

Children pick their favorites from a bizarre buffet of flat objects laid out on the floor. Be creative with flat foam pieces, construction paper, photos, carpet squares, or the children's artwork. They pick a favorite (food, shape, object, or color), and then select another, and another, as directed, while they locomotor following specific directions: around, between, over, behind, back, and freestyle. Locomotor moves: walk, jump, march, walk, skip, gallop, leap, run, one foot crossing over the other, etc.

My favorite fruit and veggie game
Is where you tell me your favorite
And I do the same
And then we move around them
Move around them
We move around them
Move around them

My favorite fruit and veggie game
Is where you choose a different one
And I do the same
And then we move between them
Move between them
We move between them

Move between them
My favorite fruit and veggie game
Is where you choose a different one
And I do the same
And then we move right over them
Move right over
We move right over them
Move right over

Vitamins
In small amounts
And so we try to eat the foods
that will always feed our bodies
something good -- something
good.
We take a supplement
to make up for the vitamins
that aren't in our foods --
in our foods.

Vitamin A
Vitamin B
Vitamin C
Vitamin D
Vitamin E



8. My Favorite Game ~ Continued

My favorite fruit and veggie game
Is where you choose a different one
And I do the same
And then we move behind them
Move behind them
We move behind them
Move behind them

My favorite fruit and veggie game
Is where you choose a different one
And I do the same
And then back around them
back around them
We back around them
back around them

My favorite fruit and veggie game
Is where you choose a different one
And I do the same
And then we keep on moving
Keep on moving
Just keep on moving
Keep on moving

9. Aloha!

Come explore the tropical fruits and unique culture of Hawaii through interpretive dance and pantomime. Girls sway hips gently from side-to-side with hands and arms flowing smoothly. Holding scarves will help enhance the smooth movement of the hands. Boys follow the same moves while stomping forward and back.

Dance: Come (hele mai), pull (huki), bend (hulo), stretch (kiko'o), turn (huli), raise (pi'i), come, push (pale), reach (lālau), return (ho'i), wait (kali iki), thank you (mahalo).

In the beautiful land of Hawaii
Your hips sway from side to side
Gently this way, and back that way
Come with me...
Come, come...

.....walk over our land,
over our land, Hawaii
Hele mai (Motion with hands to come)

Pull, pull....
the fish we catch from, the fish we
catch from the sea
E huki ka kou (Pull in the net)

Bend, bend...
down to the oven at your feet
E kulo, ka kou (bend at the waist toward the "imu" oven in the ground)

Stretch, stretch
.....your arms wide and, glide like a bird, soaring free
E Kīko'o, ka kou (stretch arms wide like the wings of a grouse, pheasants, duck, goose, dove)



Turn, turn....
and dance around in the cool breeze
E huli (turn around)
Raise up, toward the sun and....
toward the sun and feel its heat
E pi'i, ka kou (rise up, stretch arms overhead)

Come walk over our land
.....over our land, Hawaii
Hele mai (Motion with hands to come)

Push, push....
the long leaves of....of the kohala tree
E pale, ka kou (push the leaves aside)

Reach, reach...
and gather juicy fruit....the juicy fruit you see
E lālau, ka kou (reach out, extend)

Stretch, stretch
.....your arms wide and, glide like a bird, soaring free
E Kīko'o, ka kou (stretch arms wide and soar like the wings of a grouse, pheasants, duck, goose, dove)

Turn, turn....
and dance around in the cool breeze
E huli (turn around)

Raise up, toward the sun and...
toward the sun and feel its heat
E pi'i, ka kou (rise up, stretch arms overhead)

Come walk over our land... over our land, Hawaii
Hele mai (Motion with hands to come)

Return...
to where we came from, to where we came from...join me
Ho'i Ka Kou (return, go back)

We wait...one with our land in harmony
Kali iki (wait a moment)

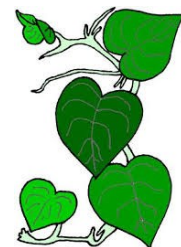
Thank you for coming to, our beautiful land, Hawaii
Mahalo! (Thank you)



10. Wild Vines

This untamed, upbeat song can be used with or without props. Dance freely throughout the song, or play follow-the-leader. Try giving changes in direction to add to the fun: around, hi, low, fast, slow, in, out, straight, and backward.

Using rope, yarn, laces, string, or chalk, children make shapes or straight line designs. Ropes can be laid parallel to each other, or laid like a starburst on the floor. Lead kids through locomotor exercises in-between, around, and over their ropes: walk, jump, march, walk, skip, gallop, leap, run, one foot crossing over the other, etc. Yeah!



10. Wild Vines ~ Continued

| | |
|---------------------------|-----------------------------|
| Wild Vines | In and out |
| Help me step in time | Wild vines |
| Blackberry, melon vines | All about |
| And pumpkin, all entwined | Come on everyone |
| Laid out on the ground | Let's all give a shout |
| Let's move them around | Yeah! |
| Movin' here and there | Yeah! |
| Movin' everywhere | Wild vines |
| Wild vines | Growing straight |
| Watch my moves | Straight up that |
| Outside or in the groove | Wooden gate |
| Wild vines | Looks like they're |
| Growing high | In a line |
| Wild vines | Tomatoes on the vine |
| Drooping low | Wild vines |
| Every..... everywhere | Back they grow |
| everywhere we go | Just came from |
| Wild vines | there you know |
| growing fast | Wild vines |
| Wild vines | We can move with ease |
| growing slow | Come on and play with these |
| Wild vines crossin' over | Yeah! |
| Not tangled in the toes | Here we grow! |
| Wild vines | Yeah! |

11. After We Cook

(To "Way Down South in Dixie")

Cooking can be a messy job, and cleaning up is all part of the fun. It's time to wash and dry dishes, wring the rag out, put away the dishes, pots and pans, look around (check up, check down), wipe the counters, and sweep or mop the floor.

Pantomime these actions throughout the song using imaginative play, or using a prop such as a scarf, tissue, or paper towel. Find creative ways to clean by using hands, elbows, knees, dancing feet, or even by scooting along on your behinds. Clean in wide circles, small circles, front-to-back, overhead, below, behind, in front, side-to-side, etc. It's also a good time to discuss germs, and how to clean properly.

When we cook, we make a mess
and have to clean, before we rest

So we wash, and we wash,
and we wash, and we rinse
So we wash, and we wash,
and we wash, and we rinse

Now the dishes are all dripping
wet
So over there, a towel you get
And we dry, and we dry,
and we dry, and we dry
And we dry, and we dry,
and we dry, and we dry
Now put them all away in
their proper place



Mixing bowls, and
Pots and pans all fit
In a special space

Now take, a look
Now take a look around you
Check up, check down
And see what there is to do
Stains on the counter and the walls
We grab a rag to clean it all

And we wipe, and we wipe,
and we wipe, and we wipe
And we wipe, and we wipe,
and we wipe, and we wipe

Those floors look we just ate there
So bring the broom, and have a care
Now we sweep, and we sweep,
and we mop, and we mop
Now we sweep, and we sweep,
and we mop, and we mop

Now take look around you
Just take, a look
The room looks nice
Because we cleaned
The best that we were able
The food smells good
So let's go set the table
The food smells good
So let's go set the table



12. If I Lived on an Island (Seafood)

Introduce children to the unique flavors and textures of seafood: lobster, octopus, shrimp, crab, clam chowder, oysters, etc. Discuss the unusual seafood they've eaten and ask them to describe the different tastes, textures, and experiences.

Dance a calming hula with or without scarves, move side-to-side like a crab (either standing or on all fours with their tummy in the air), transport an object on the tummy (or back) while moving, toss the fishing line out and reel it back in, or sling arms around like an octopus independently (or standing with a partners behind).
Choose several moves to combine.

If I lived on an island
Right by the sea... by the sea... by the sea
I'd catch some fish and set some traps
Eat my food from the sea

I'd eat some lobster, and octopusand octopus
I'd eat some shrimp, crab, and clam chowder
'Til my belly was full

If I lived on an island
Close to the beach... to the beach, to the beach
I'd catch some fish and set some traps
Eat my food from the sea

12. If I Lived on an Island ~ Continued

I'd sit by a palm tree
While my seafood cooked... my seafood cooked
I'd toss a line, and make you dinner
With the fish on my hook
If I lived on an island
Close to the beach... to the beach, to the beach
I'd catch some fish and set some traps
Eat my food from the sea

I'd eat some crawfish, and muscles to...
and muscles, too
I'd eat squid, abalone, and scallops
'Til my belly was full

If I lived on an island
Close to the beach
....to the beach, to the beach
I'd catch some fish and set some traps
Eat my food from the sea

I'd sit by a palm tree
Crack some oysters, too
... crack some oysters, too
I'd eat the meat, and string the shells
Make a necklace for you



13. Show Me You Love Me

This relaxing cool-down song promotes family togetherness, and reminds adults to be good role models for health and fitness in a loving environment.

Show kids you love them with tight honey bear hugs, by eating together, by planning their meal time, by making good food & life choices, by stopping and listening, by keeping them active, and by setting good examples. This is a wonderful time to learn and introduce coordinating moves using sign language.



Show me you love me with
Tight honey bear hugs
With tight honey bear hugs
You show me you care

Show me you love me
By eating together
By eating together
You show me your there

You know I'm here for you
You know I adore you
With kisses and hugs
Don't you know that I care?

Show me you love me
By planning my meal time
By planning my meal time
You show me your there

Show me you love me
By making good choices

By making good choices
You show me you care

You know I'm here for you
You know I adore you
With kisses and hugs
Don't you know that I care?

Show me you love me
By stopping and listening
By stopping and listening
You show me your there

Show me you love me
By keeping me active
By keeping me active
You show me you care

With all that I do for you
How I watch over you
I'll teach you the right way
And show you I care

You know I'm here for you
You know I adore you
With kisses and hugs
Don't you know that I care?

Show me you love me
By setting examples
By setting examples
You show me you care

I'll eat with you, plan for you
Make good food choices
I'll stop & I'll listen
Keep active. I care.

14. What Can I Make?

Once children have helped prepare the meal, they can focus on the presentation. Let them use their imagination and artistic talents to place the food creatively on their plate. They can make animals: flying birds, tiny pecking chicks, tall giraffes, marching ants, and slow or hiding turtles.

Practice using fake food, foam shapes, construction paper, pictures, or even leaves. Layering gives art a 3D effect. Come up with animals, silly human faces, or inanimate objects. Then get physically active by mimicking these animals and their characteristics using the movement of their own bodies.

What can I make
with the food on my plate
Everything here
is a different shape
If I move food around
This way and that
Turn it here, place it there
Whoa!

I can make a big bird
Soar right through the air
(Flap arms up and down like a bird)
Flying, gliding into the air
With wings and things
Soaring into the air

I can make tiny chicks
Pecking that and pecking this
(Walk in a squatting position and peck like chicks)
They're awfully tiny
But, too cute to miss
Pecking around on my dish

I can make tall giraffes on my plate
Long necked giraffes on my plate
With ears and a nose
And a long looking face
Wow! - giraffes on my plate!

I can make ants march across my plate
Marching, marching across my plate
All bunched together
or marching straight
ants across my plate

I can make turtles
moving slower than slow
Moving slower than
slow you know
With big round shells
Heads through their holes
turtles slower than slow

I use lettuce, mushrooms
Peas and green beans
Orange wedges
And cucumber rings
With the food on my plate
I can move and create
Just about anything.
Oh Yeah!
Just about anything.
Alright
Just about anything.



14. What Can I Make?

I can make soft lambs,
stop and rest
soft lazy lambs stop and rest
(Stop moving, sit or lay down
and rest)
They're not moving around
They're doing their best
To stop and take rest.

I use bean sprouts,
egg plants
Peas and cherries
Pumpkins, lemons
Tangerines

~ Continued



With the food on my plate
I can move and create
Just about anything.
Oh Yeah!
Just about anything.
Alright
Just about anything

15. What Else Can I Make?

A continuation of song # 14, where kids expand their imagination and artistic talents to present the food they have prepared: waddling penguins, swimming fish, wide lumbering hippos, jumping frogs, and lazy lambs. Then get physically active by mimicking these animals and their characteristics using the movement of their own bodies.

What else can I make
with the food on my plate
Everything here
is a different shape
If I move food around
This way and that
Turn it here, place it there

I can make penguins
waddle, waddle along
(Waddle like a penguin)
Waddle to a penguin song
Wide bellies and
their feet so strong
penguins waddle along

I can make silly fish
with silly fins
Silly, willy silly fins
(Wiggle hands and arms,
swim your fishy hands)
And puckered lips
On off they swim
With their silly fins

I can make hippos wide,
so wide & round
(Spread arms and legs
wide
and stomp around)
hippos, wide & wide &
round
Those big beasts lumber
over the ground
Hippos wide & round



I can make those froggies
leap off my plate
(Two foot jumps)
Jumping, hopping
right off my plate
I want to eat them
But they just won't wait
There they go, off my plate.

I can make soft lambs, stop
and rest
soft lazy lambs stop and rest
(Stop moving and rest)
They're not moving around
They're doing their best
To stop and take rest.

I use bean sprouts,
egg plants
Peas and cherries
Pumpkins, lemons
Tangerines

With the food on my plate
I can move and create
Just about anything.
Oh Yeah!
Just about anything.
Alright
Just about anything

16. We Love The Company ~ Spanish

Amamos la Compañía

Vámos a la mesa
Y siéntete

Amamos la compañía
En un lugar
Podemos comer
Amamos la compañía
Nuestros amigos están aquí
Compartiendo en la diversión
Cada uno que adoramos
Amamos la compañía

Desenrolle la servietta
Amamos la compañía
Y ponerlo
En nuestro regazo
Amamos la compañía
Nuestros amigos están aquí
Compartiendo en la diversión
Cada uno que adoramos
Amamos la compañía

Un tenedor a la izquierda
Y los otros a la derecha
(Cuchillo y cuchara a la
derecha)
Amamos la compañía
Cuando todos le an servido
Comeremos
Amamos la compañía
Nuestros amigos están aquí
Compartiendo en la diversión
Cada uno que adoramos
Amamos la compañía



Pase la ensalada
Y sopa, por favor
Amamos la compañía

Pase todos los platos
Y incluya los chicharos
Amamos la compañía

Nuestros amigos están aquí
Compartiendo en la diversión
Cada uno que adoramos
Amamos la compañía

Tostamos, animamos
Y nos divertimos
Amamos la compañía

Cuando terminemos
Nos excusarán
Amamos la compañía

Nuestros amigos están aquí
Compartiendo en la diversión
Cada uno que adoramos
Amamos la compañía

17. Farmer's Market ~ Spanish

Mercado Del Granjero

Fui al mercado del granjero
Para ver qué comprar
Moviendo diferentemente
Venga y muevase conmigo

Camine' hacia al bróculi
(Walk)
Camine' hacia al bróculi
Camine' hacia al bróculi

Galope' a las mandarinas
(Gallop)
Galope' a las mandarinas
Galope' a las mandarinas

Cruce' hacia a las fresas
(Cross one foot over the other)
Cruce' hacia a las fresas
Cruce' hacia a las fresas

Brinque' hacia a las alcachofas
(Jump)
Brinque' hacia a las alcachofas
Brinque' hacia a las alcachofas



Sacudi' a las bayas
(Wiggle & shake)
Sacu'de a las bayas
Sacu'de a las bayas

Salte' a la coliflor
(Skip)
Salte' a la coliflor
Salte' a la coliflor

Mece' (Meci') a las piñas
(Rock from one foot
to the other)
Mece' a las piñas
Mece' a las piñas

20. Days Old (Spanish)

Días Viejos

Días viejos
Días viejos
La comida
que huele mal
puede estar vieja
Días viejos
Días viejos
No comas la comida mala
Tiene una fecha
de expiración
El día que no esta buena
Y un lugar para guardarla
Si la comida es nueva
y ya esta abierta
o si esta vieja,
tirala

Días viejos
Días viejos
No tomes la leche
si no esta fria

Días viejos
Días viejos
No coma la comida
con el molde

Tiene una fecha
de expiración
Después de eso
Puede ser demasiado tarde
Compruebe la fecha
Impreso en el paquete
Si esta vieja,
tirala



Días viejos
Días viejos
La comida
que huele mal
puede esta vieja

Días viejos
Días viejos
No comas
la comida mala

Tiene una fecha
de expiración
El día que no
esta buena
Y un lugar
para guardarla
Si la comida es nueva
y ya esta abierta
no comas la comida



19. Down, Down Baby ~ Spanish

Abajo Bebé

Abajo, Bebe'
Horneando
En el horno

Dulces, dulces
Arriba
No quiero ma's

Azúcar en mi donuts
Azúcar makes me rock
Azúcar en la soda
Derramando
down mi sock

No puedo comerlo
Postre
Es tan malo
Para mí



Manzanas en la mesa
Pla'tinos tambien
Co'malos Bebe'!

Sacudimos hasta los pies
Brinca en frente
Y patras
Y de lado, al lado

Brinca en frente
Y patras
Y de lado, al lado

20. Shake, Mix, Pound, Roll ~ Spanish

¿Querimos a cocinar algo?
(Do you want to cook
something?)
Si!

Nos sacudimos y sacudimos
Y sacudimos otravez
sacudimos y sacudimos
sacudimos otravez
Nos mezclamos y mezclamos
Y mezclamos otravez
Mezclamos y mezclamos
Y mezclamos otravez

Nos golpeamos y golpeamos
Y golpeamos otravez
Golpeamos y golpeamos
Y golpeamos otravez

Nos rodamos y rodamos
Y rodamos otravez
Rodamos y rodamos
Y rodamos otravez

¿Huele bueno?
(Does it smell good?)

Nos sacudimos y sacudimos
Y sacudimos otravez

Nos mezclamos y mezclamos
Y nos mezclamos otravez

Nos golpeamos y golpeamos
Y golpeamos otravez

Nos rodamos y rodamos
Y rodamos otravez



¿Usted desea probarlo?
(Do you want to taste it?)

Nos sacudimos y sacudimos
Y nos mezclamos y mezclamos
Golpeamos y golpeamos
Y rodamos y rodamos

Sacudimos y sacudimos
Y nos mezclamos y mezclamos
Golpeamos y golpeamos
Y rodamos y rodamos

Un poco ma's rapido!
(A little faster)

Nos sacudimos y mezclamos
Nos golpeamos y rodamos
Nos sacudimos y mezclamos
Nos golpeamos y rodamos

Nos sacudimos y mezclamos
Nos golpeamos y rodamos
Nos sacudimos y mezclamos
Nos golpeamos y rodamos

¡Es hora de comer!

21. My Favorite Game ~ Spanish

Mi Juego Favorito

En mi juego favorito
de las frutas y verduras
Di'me tu favorito
Y yo tambien
Y nos movemos
alrededor de ellos
Move around them
Y nos movemos
alrededor de ellos
Move around them

En mi juego favorito
de las frutas y verduras
Tu escojes otro
Y yo tambien
Y nos movemos entre ellos
Move between them
Y nos movemos entre ellos
Move between them



My favorite fruit
and veggie game
Tu escojes otro
Y yo hago igual

Y nos movemos sobre ellos
Move on over
Y nos movemos sobre ellos
Move on over

My favorite fruit
and veggie game

21. My Favorite Game ~ Spanish

Tu escojes otro
Y yo hago igual
Y nos movemos detras de ellos
Beside them
Y nos movemos detras de ellos
Beside them

My favorite fruit and veggie game
Tu escojes otro
Y yo hago igual
Y nos movemos patras alrededor
back around them
Y nos movemos patras alrededor
back around them

My favorite fruit and veggie game
Tu escojes otro
Y yo hago igual

Y nos seguimos moviendo
Keep on moving
Y nos seguimos moviendo
Keep on moving



Ayudame encontrar mi canasta?
Los productos de la lecheria

Leche, queso, yogur
Leche, pudin, helado

Los perdi'. No los encuentro
Las carnes y los frijoles
Como los huevos, carnes, pescados
No estan en mi canasta
Ayudame encontrar mi canasta?

Las carnes y los frijoles
Huevos, pollo, pescado
Carnes y frijoles

Los perdi'. No los encuentro
Los postres de mi canasta
Como galletas, dulces, y soda
No estan en mi canasta
Ayudame encontrar mi canasta?
Los postres de mi canasta

Galletas, dulces, soda
Pasteles, chocolate



22. I Lost Them (with Food Groups) ~Spanish

Los perdi'. No los encuentro
Los granos de mi canasta
Como pan, arroz, pasta, cereal
Ayudame encontrar mi canasta?
Los granos de mi canasta

Tortillas de arina o maiz
Pan, Arroz, Pasta, Cereal

Las perdi'. No las encuentro
Las verduras de mi canasta
Como brócoli, tomates, zanahorias
Ayudame encontrar mi canasta?
Los vegetables de mi canasta

Broccoli, tomates, zanahorias
Maiz, ceboyas, lechuga

Las perdi'. No las encuentro
Las frutas de mi canasta
Como uvas, peras, manzanas
No estan en mi canasta
Ayudame encontrar mi canasta?
Las frutas de mi canasta

Uvas, peras, manzanas
Platanos, bayas, duraznos

Los perdi'. No los encuentro
Los productos de la lecheria
Como leche, queso, yogu'r
No estan en mi canasta



CREDITS

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

Angela Russ-Ayon
Recording Artist ~ Children's Author
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A Review of Basic Table Manners

- **Sit up straight** at the table. Don't slouch.
- **Unfold your napkin** and lay it neatly across your lap for dining.
- Do not serve yourself **more than your share**, unless it is offered.
- **Politely ask that an item be passed to you.**
Do not reach over someone to get what you need.
- **Start you meal** after everyone else has been served.
- Eat **bite-size portions**. Do not stuff food into your mouth. If it is too big, and you can't cut it, ask for help.
- Do not **chew with your mouth open**.
- Do not **talk with your mouth full** of food.
- **Use your napkin to wipe** your mouth and hands clean.
Do not wipe your hands on your clothes, or the tablecloth, and certainly do not wipe your hands on your sleeves.
- If you drop your utensil, and cannot reach it, ask the server to get you another. **Do not crawl** under the table to get it.
- Place **used utensils** on the edge of your plate. Do not lay them on the table.
- Remove unwanted food or bones with your napkin.
- If you don't like something, just **don't eat it**.
- **Do not comment on** or **spit out food** that you don't like.
- **Eat quietly**. Do not slurp drinks or soups, or smack your lips at the table.
- Excuse yourself and step into a bathroom to **pick your teeth**.
Do not pick them at the table.
- **Do not play** with the food on your plate, or play at the table.
- Try to keep your **elbows off of the table** while eating.
- **Do not sing at the table** during the meal.
- If you must excuse yourself temporarily, place your **used napkin in your chair**, not on the table.
- At the **end of a meal**, place your **napkin** on the table to the right of your plate.
- At the **end of a meal**, place your **utensils** gently across your plate.

