

## 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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- **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 for 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 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."

### **Can you shake, mix, pound and roll?**

These delicious tunes teach young children how to have FUN with FOOD while they learn about HEALTHY EATING. This 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.

### **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 dining 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  
  
We unfold our napkin  
with a snap  
We love the company  
  
And place it neatly  
on our lap  
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  
  
When everyone's served  
we'll eat tonight  
  
All of our friends are here  
Spreading the joy and cheer

Everyone we hold dear  
We love the company  
We love the company  
  
Pass the salad  
And soup, if you please  
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  
  
We toast, we cheer  
We stay amused  
We love the company  
  
And at the end  
May we be excused  
We love the company  
  
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**)



## 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! x32  
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 to the **pineapples** Yeah, yeah! x2  
**(Tick tock rock, hopping from one foot to the other)**  
Rocked 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

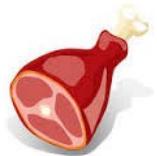
## 7. Vitamins

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.

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

Children pick their favorites from a bizarre buffet of objects laid out on the floor. Be creative with 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

## 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



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 Kiko'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 were 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)*

## 9. Aloha!

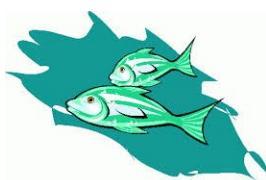
Come explore the tropical fruits and unique culture of Hawaii through interpretive dance and pantomime. Girls sway hips gently from side-to-side with hands and arms flowing smoothly. Holding scarves will help enhance the smooth movement of the hands. Boys follow the same moves while stomping forward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

Dance: Come (hele mai), pull (huki), bend (hulo), stretch (kiko'o), turn (huli), raise (pi'i), come, push (pale), reach (lalau), 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)*



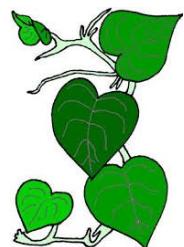
Bend, bend...  
down to the oven at your feet  
*E kulo, ka kou (bend at the waist toward the "imu" oven in the ground)*

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

## 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  
Help me step in time  
Blackberry, melon vines  
And pumpkin, all entwined  
Laid out on the ground  
Let's move them around  
Movin' here and there  
Movin' everywhere  
Wild vines  
Watch my moves  
Outside or in the groove  
Wild vines  
Growing high  
Wild vines  
Drooping low  
Every..... everywhere  
everywhere we go  
Wild vines  
growing fast  
Wild vines  
growing slow  
Wild vines crossin' over  
Not tangled in the toes  
Wild vines

In and out  
Wild vines  
All about  
Come on everyone  
Let's all give a shout  
Yeah!  
Yeah!  
Wild vines  
Growing straight  
Straight up that  
Wooden gate  
Looks like they're  
In a line  
Tomatoes on the vine  
Wild vines  
Back they grow  
Just came from  
there you know  
Wild vines  
We can move with ease  
Come on and play with these  
Yeah!  
Here we grow!  
Yeah!

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

## 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



## 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 octopus ....and 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 prepared 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

### *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 & ahake)**

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 dia 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 dia 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

*¿Queremos 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  
¡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, tomatoes, 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



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

Angela Russ-Ayon  
Recording Artist ~ Children's Author  
Keynote Speaker  
[www.AbridgeClub.com](http://www.AbridgeClub.com)

## 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 your 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.

