

Fruit and Vegetable Songs

Five Little Peas

Five little peas in a pea-pod pressed,
One grew, two grew, and so did all the rest.
They grew and they grew ...and did not stop,
Until one day the pod went ...POP!



One potato, two potato...

In my little garden, now promise you won't laugh
I haven't any flowers and I haven't any grass
But now I'm going to dig and plant and soon I'll have a show
With a bit of sun and a bit of rain there'll be a lovely row of...

One potato two potato three potato four, five potato six
potato seven potato more

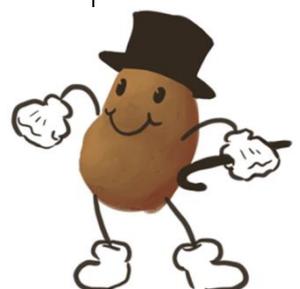
One potato two potato three potato four, five potato six
potato seven potato more

I'm going to grow so many things, I'll surely never starve,
Cabbages and cauliflowers, I won't do things by halves,
I'll plant a row of runner beans, they'll grow so very high,
With a bit of sun and a bit of rain, they'll reach up to the sky.

One potato, two potato etc...

So if you're ever down my way, do please drop in for tea.
We'll have lettuces and radishes, they'll all be grown by me,
Tomatoes too, and cucumbers, Oh what a lovely spread!
And if you do not like that, You can always have instead:

One potato, two potato etc...





Both To the tune of ...'Here we go round the mulberry bush'



Making soup

Who will help me make some soup,
Make some soup, make some soup
Who will help me make some soup,
Soup for the nursery children

Chop up the carrots, in they plop,
In they plop, in they plop.
Chop up the carrots, in they plop
Making soup for the nursery
children

Empty the pea pods, pop, pop, pop,
Pop, pop, pop; pop, pop, pop.
Empty the pea pods, pop, pop, pop,
Making soup for the nursery
children

Choosing/picking fruit

This is the way we pick the fruit,
pick the fruit pick the fruit
This is the way we pick the fruit
ready to be washed

This is the way we wash the fruit,
wash the fruit, wash the fruit
This is the way we wash the fruit
ready to be chopped

This is the way we chop up the fruit,
chop up the fruit, chop up the fruit
This is the way we chop up the fruit
ready to be eaten

This is the way we eat the fruit, eat
the fruit, eat the fruit
This is the way we eat the fruit,
yummy in my tummy

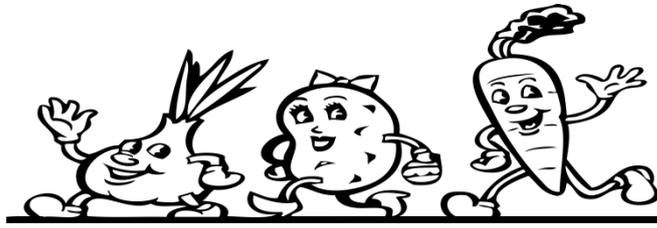


The Good Food Song

Sung to: "Old MacDonalD Had A Farm"

Fruits and veg are good for me,
EE I EE I O
And so I eat them happily,
EE I EE I O
With an apple here
and an apple there
Here an apple, there an apple
Everywhere an apple, apple.
Fruits and veg are good for me,
EE I EE I O.

**use your own creativity to add other
fruit and vegetables**



OH, Do You Eat Your Vegetables?

Sung to: "Muffin Man"

Oh do you eat your vegetables, vegetables, vegetables?
Oh, do you eat your vegetables-each and every day?

Oh, yes we eat our vegetables, vegetables, vegetables:
Oh yes we eat our vegetables-each and every day!

To continue the song, ask each child in turn to name a vegetable.

Substitute the child's name and her vegetable choice, and have everyone sing the new words. For example:

*Oh Janet eats green beans, green beans, green beans,
Oh Janet eats green beans-each and every day!*



Vegetables

Sung to: "Mary Had a Little Lamb"

We are pumpkins, big and round
Big and round, big and round
We are pumpkins, big and round
Seated on the ground.

We are string beans, green and
fine.....
Growing on a vine.

We are onions, round and white....
We make soup taste right.

We are carrots, orange and long...
Help us sing our song.

We are cabbage, green or red....
See our funny head.

We are corn stalks, tall and straight....
Don't we just taste great.