

To the tune of: Ode to Joy

Fruits and veggies we adore thee
You are good and good for us.
Lots of fiber and the vitamins
We'll eat them without a fuss.

Anti-oxidants – so important
Makes us stronger day by day.
Source of iron and other min'rals,
Fills us with good health always.



To the tune of: The Ants go Marching

Also use for Kiwi

The peaches grow upon the tree
Hurrah, Hurrah

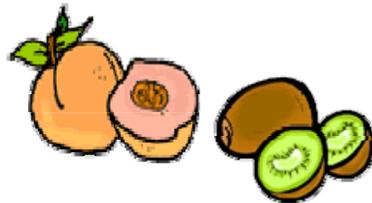
The peaches grow upon the tree
Hurrah, Hurrah

The peaches grow upon the tree
And they're so good for you and me
And they all keep growing out in the sun and they need to get rain
Boom, Boom, Boom

The peaches grow upon the tree
Hurrah, Hurrah

The peaches grow upon the tree
Hurrah, Hurrah

The peaches grow upon the tree
They're covered in fuzz and taste juicy
And they all keep growing out in the sun and they need to get rain
Boom, Boom, Boom



To the tune of: Billy Boy

O what shall you eat?
Billy Boy, Billy Boy
O what shall you eat charming Bill?

I have been to get a knife
I'll eat vegetables for life
And I'll cut and dig them fresh from my garden



Did you find some veggies there?
Billy Boy, Billy Boy
Did you find some veggies there, charming Billy?

Yes I found some snap peas there
And I found enough to share
We will snap them and eat them all together.

To the tune of: Up on the Housetop

Down in the garden broccoli grows
Lots of vitamins, goodness knows
Broccoli florets look like trees
Steam them or serve them crispy please!



Ho, ho, ho, don't you know
Ho, ho, ho, don't you know

Broccoli's the best snack you could eat
It's better for you than a gooey treat!

Ho, ho, ho, don't you know
Ho, ho, ho, don't you know

Broccoli is high in vitamin A
It's also high in vitamin K
Broccoli provides lots of vitamin C
So choose this food for good health please!

To be rhymed

One potato, two potato
Three potato, four.

One potato, two potato
Let's eat more!



To the tune of: Go tell Aunt Rhody

Spinach is good for you
Spinach is good for you
Spinach is good for you
And it's a tasty treat.



Spinach is high in iron
Spinach is high in iron
Spinach is high in iron
And it helps build your blood.

Spinach is high in C
Spinach is high in C
Spinach is high in C
And that helps heal your wounds.



Spinach is high in A
Spinach is high in A
Spinach is high in A
And that will help you see.

Spinach has calcium
Spinach has calcium
Spinach has calcium
And that helps build your bones.



Spinach has lots of Bs
Spinach has lots of Bs
Spinach has lots of Bs
This helps your body grow.

Spinach is high in K
Spinach is high in K
Spinach is high in K
And that helps your blood clot.

Go eat your spinach,
Go eat your spinach
Go eat your spinach
It is a tasty treat.



To the tune of: Sweet Rosie O'Grady

Sweet, sweet, sweet potato
They grow underneath in the ground.
They are dug in the autumn
And here vitamin A can be found.

To the tune of: There's a hole in the Bottom of the Sea

There's a vine in the middle of the yard.
There's a vine in the middle of the yard.

There's a vine
There's a vine
There's a vine in the middle of the yard.

There are grapes on the vine in the middle of the yard.
There are grapes on the vine in the middle of the yard.

There are grapes
There are grapes
There are grapes
In the middle of the yard.



To the tune of: Let's Call the Whole Thing Off

You say tomato, I say tomato
I say please try it
You say I gotta.

Tomato, tomato,
Please try it, you gotta
It's good for you to eat!



To the Tune of: Row, Row your Boat

Eat, eat, eat an orange,
Eat them all the time.
Regularly, regularly, regularly,

You'll get your vitamin C.



To the tune of: Frere Jacques

Carrots growing,
Carrots growing,

Good for you,
Good for you,

Vitamin A is high here,
Vitamin A is high here.

Helps you see.
Helps you see.



To the tune of: Bingo

Thee was a farmer had a tree and apple was it's name-o

A-P-P-L-E

A-P-P-L-E

A-P-P-L-E

And apple was its name-o.



To the tune of: A Tisket, A Tasket

A Tisket, A tasket
A grapefruit in my basket.
I took a trip to Florida
And on that trip I found it.

I found it, I found it
And on that trip I found it.
I picked it of a pretty tree
And peeled the skin and ate it.

I ate it, I ate it
I ate that juicy grapefruit.
It tasted fresh and cool and tart
And made me o so healthy.

To the tune of: Kookaburra

Cauliflower grows in the garden green,



Prettiest plant
You've ever seen

Grow cauliflower
Grow cauliflower
You're so good for me.

To the tune of: Kookaburra
Pineapple grows in Hawaiian fields,
Prettiest plant
You've ever seen



Grow pineapple
Grow pineapple
You're so good for me.

To the tune of Home, Home on the Range
Hoe, hoe in the fields
Where the squash and the cantaloupe grow.
Where the farmers sow seeds
And hoe out the weeds
And produce the good foods that you know.



To the tune of Jingle Bells
Honeydew, honeydew,
Honey do you grow?
Honeydew's a melon and it
Tastes good don't you know?

Honeydew, honeydew,
Honey do you grow?
Potassium and folate
Are oh so good for you.

Honeydew, honeydew,
Honey do you grow?
Honeydew is round and green and
Tastes good don't you know?

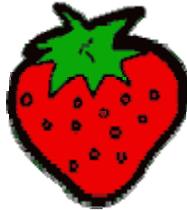


To the tune of: You are my Sunshine

You grow in sunshine
You grow in sunshine.
You grow in rain in
And in the storms.

You'll never know which
Fruit, I'm describing
So I'll tell you all right now.

It is a berry
It is a berry
It is red and
Full of taste.



I always want to
Eat my strawberries
By themselves or with ice cream!

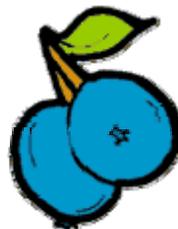
To the tune of: You are my Sunshine

You grow in sunshine
You grow in sunshine.
You grow in rain in
And in the storms.

You'll never know which
Fruit, I'm describing
So I'll tell you all right now.

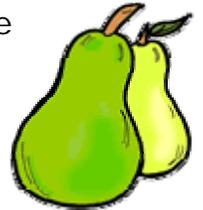
It is a berry
It is a berry
It is blue and
Full of taste.

I always want to
Eat my blueberries
By themselves or with ice cream!



To the tune of: The Bear Went over the Mountain

The bear went over the mountain, The bear went over the mountain,
The bear went over the mountain, to see what he could eat.
And all that he would eat, and all that he would eat,
Were the pears that grew on the mountain, the pears that grew on the
mountain.
The pears that grew on the mountain, were all that he would eat.



To the tune of: Twinkle, Twinkle Little Star

Mangos, mangos grow on trees
They're so pretty as you see.
They are sweet and good for you
One by one or two by two.

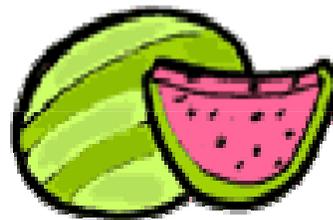
Mangos, mangos grow on trees
They're so good for you and me.

To the tune of: London Bridge

Watermelon's growing fast
Growing fast
Growing Fast

Watermelon's growing fast
T'will be ripe soon!

We will eat it with a fork
With a fork
With a fork



We will eat it with a fork
T'will be ripe soon!

We will spit the seeds so far
Seeds so far
Seeds so far

We will spit the seeds so far
They'll hit Alaska!

To the tune of: London Bridge

Celery is long and green
Long and green
Long and green

Celery is long and green
Long and green
Long and green
It' so crispy!

Celery is good for you
Good for you
Good for you

Celery is good for you
Good for you
Good for you
I'ts so tasty!



To the tune of: I'm a Little Teapot

I'm a little radish
Small and red

Pluck it from the garden
And you can be fed.

Underneath the dirt the radish grows
Pull it up and wash it with a hose!



As a Cheer

Go bananas
Go, go bananas

You lean to the left
And you lean to the right
And you peel and banana
And you ooooh
Take a bite!



To the tune of: Baa Baa Black Sheep

Baa, baa, black sheep,
Have you any plums?
Yes sir, yes sir,
Three bags full.

One for the master,
One for the dame,
And one for the little boy
Who lives down the lane.

Baa, baa, black sheep,
Have you any plums?
Yes sir, yes sir,
Three bags full.

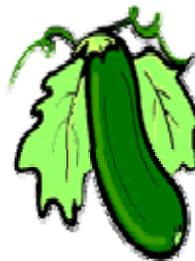
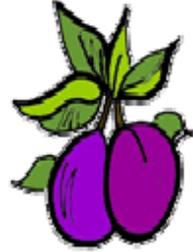
One to eat for breakfast
One to eat for lunch
and one to dry for prunes and
Serve them up for brunch

Baa, baa, black sheep,
Have you any plums?
Yes sir, yes sir,
Three bags full.

To the tune of: Skip to my Lou

Zucchini's in the garden
Ooh, ooh, ooh
Zucchini's in the garden
Ooh, ooh, ooh
Zucchini's in the garden
Ooh, ooh, ooh
Eat your zucchini promptly.

Eat, eat, eat zucchini
Eat, eat, eat zucchini
Eat, eat, eat zucchini
Eat your zucchini promptly.



To the tune of: The Farmer in the Dell

The farmer in the dell
The farmer in the dell
Hi-ho, The derry-o
The farmer in the dell



The farmer takes a spade
The farmer takes a spade
Hi-ho, The derry-o
The farmer takes a spade

The spade digs the ground
The spade digs the ground
Hi-ho, The derry-o
The spade digs the ground

The turnips are dug up
The turnips are dug up
Hi-ho, The derry-o
The turnips are dug up

The turnips taste so good
The turnips taste so good
Hi-ho, The derry-o
The turnips taste so good

To the tune of Twinkle, Twinkle Little Star

Twinkle, twinkle, little star,
How I wonder what you are.
You are sweet and fun to eat,
You're a good and tasty treat
Twinkle, twinkle, little star,
How I wonder what you are!

To the tune of: Yankee Doodle

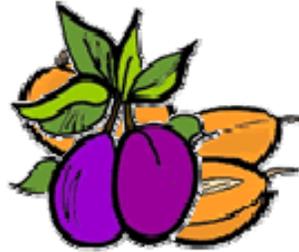
A tangerine is good for me
A tangerine is tasty
A tangerine is good for me
And I will eat it gladly

Tangerines are high in C
Tangerines are tasty
Tangerines are tart and sweet
And peeling them is easy!



To the tune of: Boom Boom Ain't it Great to be Crazy

Boom, boom ain't it great to eat pluots?
Boom, boom ain't it great to eat pluots?
Plums and apricots together at last
Boom, boom ain't it great to eat pluots?



Boom, boom ain't it great to eat pluots?
Boom, boom ain't it great to eat pluots?
A pluot looks like a dinosaur egg
Boom, boom ain't it great to eat pluots?

To the tune of: Oh My Darling Clementine

In an orchard, on a fruit tree
On the branches oh so high
You are seedless and delicious
Oh my darling Clementine.



Oh my darling, oh my darling,
Oh my darling Clementine!
You are sweet and so delicious
You are perfect, Clementine.

To the tune of: Yankee Doodle

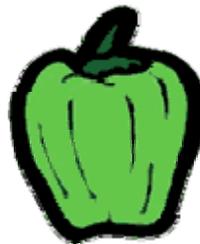
A Nectarine is oh so sweet
A Nectarine is tasty
A Nectarine is like a peach
But it's a little sweeter.



Nectarines are high in C
Nectarines are tasty
Nectarines are like a peach
But they are not so fuzzy!

To the tune of Jingle Bells

Bell Peppers, Bell Peppers
Yellow, red and green
Oh what fun it is to eat
A pepper fresh and sweet.



Bell Peppers, Bell Peppers
Yellow, red and green
Oh what fun it is to eat
A snack that's good for me.

To the tune of: Here we go Round the Mulberry Bush

Here we go round the cucumber vine
The cucumber vine, the cucumber vine
Here we go round the cucumber vine
So early in the morning



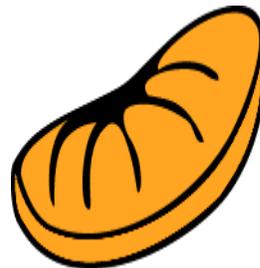
This is the way we water our vine
Water our vine, water our vine,
This is the way we water our vine
So we can eat the veggies

This is the way we harvest the vine
Harvest the vine, harvest the vine
This is the way we harvest the vine
So we can eat the veggies

This is the way we eat it up
Eat it up, eat it up
This is the way we eat it up
And it's so good and tasty!

To the tune of: Rudolph the Red Nosed Reindeer

Poncan, the ugly citrus,
Has a very ugly skin
But if you ever eat it
You'll be coming back again.



All of the other citrus
Are so pretty, good and sweet,
But the ugly little poncan,
Is a very yummy treat.

On one very special day,
Poncans came to school,
Poncans peel like tangerines,
They're so tasty, they're so cool.

Then all the students loved it
And they shouted out with glee
Poncan the ugly citrus,
You're the citrus fruit for me!