



Shine 'Em Up!

*Words and Music by Terry Lupton & Steve Shepherd
Performed by Keely Hawks with the Shepherd and Lang Kids*

I like fruits and veggies
I eat 'em everyday
To keep my body healthy
So I can learn and play
(repeat)

Growing in the sunshine
Drinking up the rain
It's nature's way of showing us
Something we all share—
But no two are the same!

Chorus:
Shine 'em up
Take a bite
Satisfy your appetite
Apples oranges anything you like

Shine 'em up[
Eat 'em down
Feel the energy
Go round and round
Like apples and oranges

Mommy tosses salad
And Daddy steams the rice
My sister sets the table
Big brother adds the spice

We all sit down together
The celebration starts
We serve the five food groups
And shine up every heart

Growing up so big and strong
I'll eat my meats and grains
But I love fruits and vegetables
They're crunchy and sweet—
But no two are the same!

Chorus (2X)

Growing up so big and strong
I'll eat my meats and grains
But I love fruits and vegetables
They're crunchy and sweet—
But no two are the same!

Chorus (2X)

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Shine 'Em Up!

Suggestions for physical activity:

Small groups of 6-8 dancers in circle formation step in place. Students may be standing behind desks or in open space. This is a routine to warm up body for more vigorous exercise. (Standard 3)

One player in each group begins leading low impact movements in place. Examples: lift knee and touch opposite elbow alternating sides, lift bent knee to the back while raising arms overhead, tap foot in front while punching the air, etc.

Leader signals for next player to the right to assume leadership. During transition between leaders players continue stepping place.

Chorus: Continue stepping in place and perform actions with hands.

Circle wave one hand by face

Point thumb of other hand down 2 Xs

Circle hand on stomach

Hold up one fist then the other & move them together

Circle wave one hand by face

Point thumb of other hand down 2 Xs

Roll forearms in front of the body 8 counts

Hold up fist of one hand then the other

Continue actions in place led by succeeding leaders in each group during verses and motions with hands during the chorus.

Put A Little Sunshine In Your Mouth

*Words & Music by James B. Coffey, M.Ed.
Performed by James B. Coffey*

It's amazing how a little sunshine
Some dirt and water and a little time
Grow fruits and vegetables of every kind
Put a little sunshine in your mouth
Chase those tired blues away
You only need five servings a day
You'll have more energy to run and play
Put a little sunshine in your mouth

Chorus:

Put a little sunshine in your mouth
'Cause bein' healthy's what it's all about
It'll make your whole body wanna scam and shout
Put a little sunshine in your mouth
Put a little sunshine in your mouth
'Cause bein' healthy's what it's all about
It'll make your whole body wanna scream and shout
Put a little sunshine in your mouth
Put a little sunshine in your mouth

Just take that ripe banana peel
Pull it down and make a meal
You won't believe how good you'll feel
Put a little sunshine in your mouth
Put some veggies in your hand
Very soon you'll feel grand
Your heart will beat like a marching band
Put a little sunshine in your mouth

Chorus

If you want to shine like a superstar
It makes no difference just who you are
Fruits and vegetables will take you far
Put a little sunshine in your mouth
Just sitting still is such a bore
So what on earth are you waiting for
Your health is knocking at the door
Put a little sunshine in your mouth

Chorus

Put a little sunshine in your mouth
(repeat - 3 X)

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Put A Little Sunshine In Your Mouth

Suggestions for physical activity:

Dancers 3rd grade and above, in scattered formation, may stand in open space by desks. Routine includes samba step with its uneven rhythm during chorus and stepping or rocking in even rhythm during the verses. (Standard 1)

Chorus:

Samba step is a small leap, step, step in a quick quick slow rhythm. Alternate feet. Perform samba with individual styling by moving forward and backward, side to side or turning in place. Dancers move in available space and relate to other dancers while moving about. Let arms move naturally with bent elbows while performing samba.

Patterns for Verses:

Continuously rock forward on one foot, tap the other foot beside heel then rock backward and touch other foot by toe during verses.

Step in place with feet moving apart apart, together together.

Step in place with feet moving forward forward, back, back.

We Will Fly Across the Sky

Lyrics by Art "Ski" Halperin

Music by Art "Ski" Halperin & Toriano "Onyan" Edwards

Performed by Meeka and her Cool Cousins

Looking through my telescope... *Up in the blue sky*
Saw a flashing light approach... *My oh my oh my*
A flying saucer thing came down... *Came down from a beam*
Landed on my sister's bed... *She began to scream*
Calm down... stop crying... It's only a U.F.O.
Sheesh, you're such a baby sometimes
A tiny little girl came out... *Out of her spaceship*
Told my sister right away... *"You must get a grip*
We are peaceful citizens... Of the universe
We need fruits and vegetables... so we come to Earth"

Chorus:

Fruits and Vegetables, Fruits and Vegetables
We will fly, across the sky, for Fuits and Vegetables

Strawberries and tangerines... Watermelon and lots of greens
Cucumbers and celery... They're good for you and good for me

Chorus

NOW BLAST OFF!!! 10...9...8...7...6...5...4,3,2,1,0
Welcome to the planet earth... *Have some broccoli*

Chorus: Take an apple or some figs... *Pick them off our tree*
Fill your ship with carrot sticks... *Then you say goodbye*
And blast off in your rocket ship... *Shoot across the sky*

Chorus

Bom, bom, turn around... take your hands and touch the ground
All the girls and all the boys... human beings make some noise!!!
Yeah!!!
People of the planet earth... *we must eat more fruit*
Candy bars and soda pop... is no substitute
Vegetables are what we need... to get more energy
To grow up strong and fly around in the galaxy

Chorus

Red tomatoes and purple grapes... Pineapple in mango shakes
Sweet potato, cranberries too... Good for me and good for you

Chorus

NOW BLAST OFF!!! 10..9..8..7..6..5-and-a-half, 4,3,2,1,0

Chorus (2X)

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Prompt for physical activity

We Will Fly Across the Sky

Players holding one paper plate in each hand are divided into small groups.

Each group forms a circle. (May stand around desks in the classroom).

All perform the same simple actions and sing during the chorus.

Verses

One at a time leaders of each group perform actions with paper plates while stepping in place for other players in their groups to follow during the verses.

After about 8 counts the leader signals for player to the right to become the new leader.

Alternately, each group of 4 – 5 players may compose a rhythmic routine to perform with the paper plates. Moving the plates at different levels, changing the group relationship and

alternating moving in place and in locomotor patterns adds interest to routine. During the

countdown, players hold both paper plates on their heads and gradually bend knees into half

squat. On the zero count they spring into the air.

Chorus

Hold plates overhead with arms outstretched

Bounce and sway from side to side

Swoop one hand in large circle across midline and out to the side (We will fly..)

Swoop the other hand in a large circle (..across the sky)

Repeat bounce and sway from side (..for fruits and vegetables)

Note: Prior to doing routine students should explore many ways to move with the plates. For example: Tap plates together while moving hands overhead and back down or side to side, tap plates under lifted knee, in front of body then under the other knee, march and tap each knee, circle one above head and then other, etc.

Five A Day

*Words & Music by Cathy Fink
Performed by Cathy Fink & Marcy Marxer*

There's a crunch in my lunch
And I've got a hunch
That I'm eatin' carrots today
There's a smack in my snack
It's an apple attack
My mouth's on a holiday

Veggies and fruits are flowers and roots
And some grow just ripe on the vine
Juicy and crunchy, there's no substitute
And I'm gonna make 'em all mine

Chorus:
Gimme five a day-fruits and vegetables
Five-veggies and fruits
Gimme five-fruits and vegetables
Edible flowers and roots

A nibble is fine from the vegetable line
They come in all colors and sizes
When you take a bite of a fruity delight
You're winning nutritional prizes

Veggies and fruits are flowers and roots
And some grow just ripe on the vine
Juicy and crunchy, there's no substitute
And I'm gonna make 'em all mine

Chorus

There's a crunch in my lunch
And I've got a hunch
That I'm eatin' carrots today
There's a smack in my snack
It's and apple attacke
My mouth's on a holiday

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Five A Day

ABCD Movement routine

Partners facing, scattered within playing space.

Each player has one bean bag.

Allow children to explore catching and balancing bean bags safely within personal space before demonstrating partner routine.

Before performing to music students will need to practice the partner exchange a few times.

(Standard 5)

A= toss & catch in rainbow pattern from hand to hand "There's a crunch in my lunch"

B= each player moves bean bag in personal space "Veggies & fruits are flowers.."

C= partners face and trade bean bags by simultaneously placing bean bag in partner's left hand, then placing bean bag in own right hand while singing lyrics! (chorus)

D= toss & catch with each hand 4Xs (music interlude)

I Wanna Eggplant

Words & Music by Stephen Patman

I was walking down the street looking for
Something to eat
And then it suddenly came to me
I wanna eggplant
There was a rumble in my gut and I
Thought that I'd go nuts
If I didn't get my hands around an
Eggplant

Eggplant, eggplant, eggplant whoa
Eggplant, eggplant, eggplant whoa

They're so smooth and cute and round
They're the cutest thing I've found
I'm gonna buy them by the pound
I wanna eggplant

There are other foods to eat
And I know they're kinda neat
But I got the one for me
I wanna eggplant

From the morning to the night
It's the food I really like
And I know that I am right
I wanna eggplant

So I just get a hunch
When I'm looking for some lunch
That I really wanna munch
On an eggplant

Eggplant, eggplant, eggplant whoa
Eggplant, eggplant, eggplant whoa

Eggplant, eggplant, eggplant, eggplant

Eggplant, eggplant, eggplant, whoa
I wanna eggplant, eggplant, eggplant whoa
I wanna eggplant, eggplant, eggplant whoa
I wanna eggplant, eggplant, eggplant whoa

Or maybe a zucchini?!

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I Wanna Eggplant

Prompt for physical activity

This routine is based on the classic “bunny hop.” It can be performed in the classroom in open space by desks.

Alternate doing the pattern with arms, (upper body muscle endurance) and feet, (cardio respiratory endurance).

When students are familiar with the routine they may work in pairs to create variations on the pattern. (Standard 3)

Touch right toes to the side
Touch right toes beside left foot
Touch right toes to the side
Step right foot in place
Touch left toes to the side
Touch left toes beside the right foot
Touch left toes to the side
Step left foot in place

Jump forward, jump backward
Jumping in place twist twist $\frac{1}{4}$ turn clockwise

Routine for arms

begin with elbows bent, back of hands near shoulders
extend one arm out to side, bend it, extend same arm, bend it
repeat same arm, bend it
repeat extend and bend with other arm
push both hands forward, hold extended arms
bend elbows & hold hands in front of shoulders
make a big sweeping circle with arms in front of body

Tropical Fruit

Lyrics by Kelly Fumo

Music by John Fumo

Performed by Kelly & John Fumo

Chorus:

Watermelon, mango, papaya and lime

I love the tropical fruit

It makes me feel fine

Pineapples, lemons, strawberries and

grapes

Oh what wonderful food man

It makes me feel great

When I'm hot and tired

And sweat's dripping off my brow

I love the taste of tropical fruit

So good, I can taste it now

Chorus

When I'm playing and dancing

Or even running around

I love the taste of tropical fruit

So good, I can taste it now

Chorus

When I'm hot and tired

And sweat's dripping off my brow

I love the taste of tropical fruit

So good, I can taste it now

Chorus

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Tropical Fruit

Suggestion for physical activity:

Scattered formation inside classroom.

Each dancer needs 2 scarves or plastic produce bags. Dancers alternate catching bags and jumping in place to strike bags upward overhead. (Standard 3)

Chorus:

Holding one bag in each hand, continuously toss diagonally upward and catch with opposite hand. The rhythm is "toss toss catch catch"

Musical interlude:

Jump in place and simultaneously strike both bags lightly overhead to keep them aloft.

Verse: Each dancer performs own stunt with bags. Examples: simultaneously toss both bags, run under & catch, toss bags under one knee & catch, toss bags, clap hands and catch, etc.

Repeat actions for chorus, musical interlude and verses until end of music.

Note: Preschool and kindergarten children may be more successful when holding one scarf or bag.

Gotta Eat More Fruit

*Words & Music by Lori Moitié & Renard (RJ) Johnson
Performed by Lori Moitié & Renard (RJ) Johnson*

Hey...Ho...Help your body grow...A nutrition flow.

Chorus:

Improve your body and your mind...gotta eat more fruit!
You'll be glad you took the time..every day that you do!
Strawberries and grapes between the lips...
Gotta eat more fruit!
It's the smart choice tip...and you'll feel better too!

Apples, bananas and guavas, peaches
Pears all taste so sweet.
Melons and berries,
Now that's a treat that can't be beat...eat more fruit!

Chorus

Change your behavior,
I'm talkin' to YOU and YOU and YOU.
Stop body pollution at the source.
Nutrition is the right life force...eat more fruit!

Chorus

Hey ho help your body grow
A nutrition flow
I'm makin' a case
It's about eating fruit
Improving you
Stop body pollution
I'm here to clear up the confusion
Kiwi...oranges...plums will do!
Cantaloupe...tangerines are good, too!
I'm talking about fruit HUH being a better choice
Eat more everyday, I'm not just talkin' noise
Let fruit be a smarter part of your healthy heart
Now that you know the nutrition flow...here we go!

Improve your body and your mind...gotta eat more fruit!
You'll be glad you took the time...everyday that you do!
Strawberries and grapes between the lips...
Gotta eat more fruit!
It's the smart choice tip...EAT MORE FRUIT!!

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Gotta Eat More Fruit

Movement Routine

Dancers in scattered formation perform favorite traditional line dance (e.g. Electric Slide or a routine created by students in small groups. (standard 1)

Electric Slide: step right foot to right side, left behind, right to right side and pause, repeat above to left.

Starting with right foot walk 3 steps backward and pause

Step forward on left pause

Step backward on right pause

Step forward on left and brush right foot while making $\frac{1}{4}$ turn to left

Continue routine facing a new direction each time it repeats

To assist students in creating their own routine they begin with the first 12 counts suggested above, then, choose from a "menu" of steps to complete the next 8 counts.

Menu: jumps, kicks, twist, claps, shake hips, bounce knees, stretch arms, squat, touch heel and slap foot.

(Remember to shout out the final lyrics "eat more fruits" as you finish your dance.)

Eat A Rainbow!

Lyrics by Larry Johnson

Music by Cindy O'Connor

Performed by Cindy O'Connor

Eat a Rainbow!
Fruits and veggies make your table bright.
Treat your body right,
Morning, noon, and night.
Eat a range of shapes and colors.
It's the healthy way!
Eat a rainbow every day!

Eat a Rainbow!
Fruits and veggies come in every hue.
Beautiful to view...
And they're healthy too!
Red, orange, yellow, green, blue, purple,
It's the healthy way!
Eat a rainbow every day!

The red tomato's yummy, and if your are thinking lean,
It's low in calories and packed with beta-carotene.
The orange is so tangy, full of Vitamin C,
And yellow corn's a perfect source of B, C and E.

The green and leafy veggies have the A you need and more,
The blueberry is sweet with antioxidants galore.
The purple grape is perfect if you need some energy
It's packed with carbohydrates, and it's sodium free!

Eat a Rainbow!
Fruits and veggies span the color wheel.
You'll love the way you feel
After every meal.
Fill your plate with every color,
It's the healthy way!
Eat a rainbow every day!
Eat a rainbow every day!

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Eat A Rainbow!

Prompts for physical activity:

5th & 6th grade students adore doing the cha cha slide to this catchy tune. (standard 3)

Younger children will improve their eye hand coordination while tossing a small (half sheet) paper ball in a "rainbow" pathway into a paper cup or 8 oz. yogurt carton. (standard 1)

Cha Cha Slide

Step to the right on right foot, step left foot behind, step right foot to the right and pause, repeat above to the left

Step backwards right, left, right, pause

Jump 4 small jumps forward

Step to the right with one big step, knees bent and draw rainbow shape with arm overhead

Step to the left with one big step, knees bent and draw rainbow shape with arm overhead

Step forward, step backward, step in place quick quick slow

Repeat forward, backward quick quick slow beginning with opposite foot

Repeat entire pattern continuously with each dancer moving in their own style

Paper ball & cup routine:

Verse (Eat a rainbow...")

Toss ball from one hand to cup, dump into hand and repeat toss continuously

Change cup to other hand during 2nd verse bridge ("The red tomato's yummy..")

Holding cup in both hands, shake ball in cup like a maraca while shifting weight to one side & bounce, other side and bounce

Then shake cup up & down while chugging forward and backward 2Xs find creative ways to shake cup until verse e.g. shake in a triangle pathway, square, figure eight, etc.

Fruit Boogie

*Words & Music by Laura Freeman
Performed by Laura Freeman*

Banana banana banana banana watermelon
Grapes cherries blueberries
I know it's kinda scary but
I like fruit
Cantaloupe can't cope
Pears I can't bear it
Lemons fine when you're swimming
Nectarines make me wanna scream
Honeydew quite a few
Limes sublime
Papaya take me higher
Strawberry tell me what to do

Chorus:

Fruit fruit fruit fruit
Lemme tell ya
Fruit fruit fruit fruit
Lemme tell ya
Fruit fruit fruit fruit
Lemme tell ya
I like fruit

Kiwi fruit it's a trip
Guava so hip
Passion fruit you know what it do
Tomato well it's a fruit too
Plums plump and juicy and a persimmon pie
Pomegranates make me jump up in the sky
Apple juice apple sauce apple in a tree
Green red or yellow makes no difference to me
I could tango with a mango
A root toot toot with a grapefruit
A reet vreet deet with a sweet peach
Even marry a raspberry

Chorus

Mulberry gooseberry boysenberry stew
Tangerines and tangelos in Timbuktu
Kumquats are best in the south of Spain
Apricots I like to nibble in the rain

Oranges Poranges
Who's there
Oranges Poranges
Who's there
Oranges Poranges
Who's there
Clementine Blood orange
I don't care
Star fruit ugly fruit muscadine grape
Bread fruit plantain they all taste great

Dewberries eaten right off the vine
A few fine figs are friends of mine

Chorus

I like fruit. Oh, I like fruit!

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Fruit Boogie

Prompt for physical activity

Vigorous circle dance for groups of 3 arranged like spokes on a wheel.

Routine, for grades 4 and above, includes traditional folk dance patterns. (Standard 1) The line of direction is counter clockwise.

Jog forward in line of direction 8 steps ("Banana, banana...watermelon")

Jog backward 8 steps ("grapes...blueberries")

Outside dancer turns under joined hands of center and inside dancer ("I know...scary")

Inside dancer goes under joined hands of center and outside dancer ("I like fruit")

Repeat all of above (Cantaloupe, can't cope...nectarines make me want to scream")

All face center so that each line of 3 moves in a file

Run in 4 steps, perform 2 half jacks ("Honeydew quite a few")

Run out 4 steps, perform 2 half jacks

Run in 4 steps, perform 2 half jacks ("Papaya take me higher")

Run out 4 steps, perform 2 half jacks

Chorus

Each group of 3 jogs in their own small circle 4 counts then pauses and shakes index fingers at each other

Repeat jogging during "fruit, fruit..." and finger shake during "let me tell ya"

Repeat actions for verses and chorus. Each time verse begins after chorus a different player rotates to center position.

Optional: to make dance a "mixer," the center player advances to the next line after the chorus.

Nature's Candy

Words & Music by Simon Gwilliam

Chilling on my couch watching MTV
My stomach started flipping, I said "Mom I need to eat."
She said "get your lazy self down to the grocery store
I won't have you fillin' up on junk no more."

I looked at all the fruit and I started to feel sick
I had to have a burger and I had to have one quick
And a soda and some fries, and some different kind of pies
And some candy bars for later, 'cos you have to have supplies...

Then everyone stopped moving and I felt kind of weird
In the blackened sky above me a banana appeared
It was ten blocks high, with aliens inside
And they all started singing as I went for a ride.

Chorus:

F...R...U...I...T
Take a bit from nature's candy
F...R...U...I...T
I can feel the sun shining inside of me

They said they were Frutonians from Fruton 5
They said they held the secret to a long and healthy life
They took me to the future and I saw what I'd become
Overweight and under-nourished, from fillin' up on junk

They said "You have the power to live a different way
The secret's very simple, it's in what you eat each day
There's magic all around, in the trees and in the ground
And fruit is like a treasure where the magic can be found."

Chorus (2X)

They dropped me at the burger joint but I didn't go inside
I went back to the grocer's store and bought everything in sight
And now I'm in the future everybody's feeling good
'Cos we all know the secret in my neighborhood

Next time you buy a burger, look up into the sky
If you see a big banana, you'll know the reason why

Chorus (3X)

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Nature's Candy

Movement Routines

5th grade & above students in groups of 4-5 dancers design and continuously perform a 32-48 count dance that combines several locomotor patterns and changes in direction, level or pathway. (Standard 1)

Kindergarten children play the rhythmic game "robots" with one leader and the entire class following.

1st & 2nd grade students play the "robot" game in partners.

3rd & 4th grade students play "one behind" in small groups.

Robots

All students are stepping in place, either in pairs or with one leader in front of the class.

While stepping in place the leader moves arms with elbows bent or stretched overhead, to the side, forward, backward, across body, in a circle, etc.

The robot has been programmed to move only one hand or arm at a time. If the robot moves both arms at the same time the followers call out "melt down" and continue stepping in place.

One child continues as leader during one verse & chorus then the partner or another student assumes leadership.

One Behind

While stepping in place the first leader performs an action with arms several times while others in the group step in place and observe. When leader begins performing a different action with arms remaining players begin doing the first action. Players continue following the leader, but always one action behind until the end of verse and chorus when a new player takes over the leadership.

Take Good Care of Yourself

*Words and Music by Fred Koch
Performed by Fred Koch and the Lil' Cow Band*

Verse:

If you eat good food,
You're gonna grow, grow, grow.
If you exercise,
You're gonna grow, grow, grow.
If you sleep at night,
You're gonna grow, grow, grow.
Take good care of yourself!
(repeat)

Bridge:

Potatoes, tomatoes, jumping jacks,
lots of rest
Keeps me growing at my best.

© 1983 Fred Koch (ASCAP)

Take Good Care of Yourself

Suggestions of physical activity
Partners facing, scattered formation,
Move together sideward and in place.
(Standard 5)

Note: Perform routine in open space with all facing one direction before performing in pairs.

Verse:

Step side close side
Pat partner's palms 3 times
Step side close side in opposite direction
Pat partner's palms 3 times
Step side close side
Pat partner's palms 3 times
Perform "wring the dishrag" with partner

Bridge:

Hop 4 times on one foot & 4 times on the
Other foot
Perform 4 half jacks (or jab jacks)
Continue alternating hops and half jacks
Until next verse

Modifications for preschool and kindergarten:

Stand in a circle or scattered formation,
No partners.
Take one big step sideward instead of 3 steps during the verse
Then clap own hands.
Perform locomotor movements around room during bridge instead
Of hopping & jumping in place.

Every Day of the Week

*Words & Music by Steve Lorentzen & Eric Pagan
Performed by Steve Lorentzen & Eric Pagan*

Tomato, tomáto, potato, potáto,
It doesn't matter what you call 'em as long as you've got 'em
You gotta get hip with the celery stick
So grab some peanut butter or some low-fat dip
Feel the beat, eat some beets..
Just whatever you do, GO EASY ON THE SWEETS!
When you're feeling glum grab a plum,
And just think about how strong and healthy you'll become

Chorus

Get up and dance and move your feet
And eat fruits and veggies every day of the week
Now's the time to start eating right,
So you can live a long and healthy life

*Alright everybody, for this next part
I'm going to need all of your help
So get ready and repeat after me:*

Put down that junk!
It really isn't cool
Now eat some bananas
And eat some apples too
Go get some blueberries
And find some green beans
Pears, grapes and broccoli too
All of these are good for you!

Chorus

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Every Day of the Week

Prompt for physical activity

Dancers scattered in open space (may be beside desks) or in small groups.

Routine alternates hand jive actions while stepping in place with conga dance steps.

The conga steps may be danced in place if within classroom, but are more enjoyable in open space.

Older students will create a 3rd pattern-their group's unique 16 count hand jive. (Standard 1)

Hand jive: Step in place and;

Pat thighs 2Xs

Clap hands 2Xs

Slice air 2Xs

Slice air 2Xs with other hand on top

Pound fist 2Xs

Pound fist 2Xs other hand on top

Hitch hike 2Xs one hand

Hitch hike 2Xs other hand

Conga dance

Step step step kick continuous

Alternate hand jive (traditional or student created) & conga about every 32 counts.

I Go Bananas

*Words & Music by Monty Harper
Performed by Monty Harper*

When a certain sweet smell blows in on the breeze
I life my head and bend my knees,
Then I leap up like a lemur searching high among the trees.
I swing by my toes. I follow my nose 'til I find that fruity treat.
I pick a bunch to begin, then peel back the skin, and....

Chorus:

I go bananas for bananas!
Bananas give me energy.
Whenever I eat bananas I go bananas.
I go bananas for bananas!
Bananas give me energy.
Whenever I eat bananas I go bananas.

*Swing your arms. Wiggle your tail.
Dance like a monkey. Follow the banana trail.*

There's a certain sweet taste I find appealing.
When I get it it's a happy silly feeling.
And it makes me wanna jump around like a chimpanzee
'til my mother hits the ceiling.
And every morning she gives me warning. She makes me take a seat.
She says, "Your fate will follow from what you swallow. After all you are.."

Chorus

*Clap your hands. Scratch a flea.
Dance like a monkey climbing a banana tree.*

Everybody jump! Everybody spin!
Now can't you just feel that jungle beat getting under your skin?
Everybody stomp! Everybody twist!
Once you unpeel that jungle beat your feet can't resist!

There's only one way to describe this state of mind.
So grab a taste of a tropical place and go-bananas.

Chorus

*I go bananas.
Swing your arms. Wiggle your tail.
Dance like a monkey. Follow the banana trail.
Clap your hands. Scratch a flea.
Dance like a monkey climbing a banana tree.
Flex your muscles. Beat your chest
Dance like a monkey eating what a monkey loves best!*

© 2004 Monty Harper (BMI)

I Go Bananas

Cardio routine for preschool and primary grade children scattered in open space. (standard 3)

Verses

Stepping in place pretend to “climb” a tree for 8 counts by moving hands upward one at a time.

Bend forward slightly and swing arms vigorously side to side in front of body 8 counts.

Repeat climbing and swinging.

Chorus

Move randomly in general space while circling and waving arms, pretend to pick and peel a banana then follow action cues of the lyrics.

Swing arms then shake hips side to side

Step lightly in place while scratching like a monkey

Repeat above actions for 2nd verse then repeat chorus and do new actions cued by lyrics.

Fruity Frambaloozie

*Words & Music by Shana Smith (Shana Banana™)
Performed by Shana Banana™*

Here they come, one by one a dancing moving salad
All the fruits have been let loose out here on the island
Fruits love to dance, they love to groove, oh yea, can't you see
Come along and dance with me: The Fruity Frambaloozie!

First we'll do the mango mosh: tarataboom-de-yay
Hip to hip to hip, oh gosh! Try to make them sway.
Now let's try the coconut stomp! Left right stomp your feet
Stomp it down and move around, dancing to the beat.

Shake it down with guava twist, twist twist twist like this
Twist to toe and feet to wrist, twist twist twist
How about the papaya hop? On one foot now don't you drop
Up and down, oops someone plopped!
Get back up and hop hop hop.

Now let's do the carrot dance:
Hey what's wrong, won't you give it a chance?
Oops, my mistake please excuzie!
No vegetables allowed in the Frambaloozie

Ooh ah cha cha cha kids, can you dig it?
Ooh ah cha cha cha kids, can ya move it?

Here they come, one by one a dancing moving salad
All the fruits have been let loose out here on the island
Fruits love to dance, they love to groove, oh yea, can't you see
Come along and dance with me: The Fruity Frambaloozie!

Now for the Banana Boogie: make a face and act real silly
Jump around like a crazy monkey; Fruity Frambaloozie is oh so funky!
Ooh ah cha cha cha kids, can ya dig it?
Ooh ah cha cha cha kids, you can groove it!

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Fruity Frambaloozie

Movement activity

Children scattered in open space with students in grade 3 and above organized into groups of 3-6 players. (standard 3)

Chorus

Follow the group leader throughout open space while performing freestyle dance, samba (quick quick slow) steps or jogging and follow a different leader each time chorus repeats younger dancers move randomly within general space (no leaders)

Verses

Do dance style cued by lyrics and add personal styling

Mango mosh-do the mash potatoes (with bouncy knees step on alternate feet and swivel heels while taking weight on balls of feet)

Coconut stomp- do the surfer's stomp (touch foot then step on same foot and repeat continuously while alternating feet)

Guava twist- like Chubby Checker's

Papaya hop- do the Roger Rabbit step hops with accent on up beat

Carrot dance- with feet together do small jumps moving in circle, sideways, etc.

Ooh a cha cha cha –do side close side close with latin hips

Banana boogie- do the monkey (personal interpretation)

Veggie Rap

Lyrics by Noriko & Wayne Peet

Music by Noriko & Wayne Peet

Performed by Noriko, Wayne and Ellington Peet

Chorus:

Veg'-Ta-Ble, I like 'em

Veg'-Ta-Ble, I eat 'em

Veg'-Ta-Ble, I love 'em

Veg'-Ta-Ble, I can't get enough of 'em!

Eat them raw

Eat them cooked

Eat them anyway, every way

Eat them at home

Eat them out

Eat them anywhere, everywhere

High in fiber, salt is low

High in vitamins, you're good to go!

Veggies make me feel so good inside

Veggies make me look so cool outside

Chorus

Eat them now

Eat them later

Eat them anytime, everytime

Eat them here

Eat them there

Eat them anywhere, everywhere

Rich in color, low in fat

Rich in taste is where it's at!

Veggies make me feel so good inside

Veggies make me look so cool outside

Chorus

Green: Lettuce! Yellow: Squash! Make a muscle pose for each vegetable

Red: Tomato! Brown: Potato!

Chorus

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Veggie Rap

Line dance

Scattered formation

Physical education concept: moving in

Forward, sideward, backward and diagonal directions (standard 1)

Step on each syllable of vegetable and perform jump half turn on "I like 'em" repeat stepping (facing opposite direction each time) & jump turn 3 more times

Hustle step side behind side pause

Repeat above opposite direction

Step side behind side pause, reverse

Side close side to right forward diagonal

Side close side to left forward diagonal

Side close side to right forward diagonal

Side close side to left forward diagonal

Repeat stepping side close side to the diagonal with opposite feet and moving backward

Peppers

Words and Music by Chris Buckley

Peppers peppers yeah!
Peppers peppers yeah!
Peppers peppers yeah! yeah!

Chorus:

I got my red pepper, yellow pepper,
orange pepper, green
These are the colors
I got my green pepper, yellow pepper,
Orange pepper, red
These are the colors
(repeat)

Some of them are sweet
Some of them are hot
All are good to eat
I like them all a lot
Ooo juicy peppers!
Ooo beautiful peppers!

Chorus

I like them in my food
And I like them with my meat
I like them in my salads
And I like them nice and neat (just by themselves)
Ooo beautiful peppers
Ooo crispy peppers

Peppers peppers yeah!
(repeat -3X)

My favorite is the red one
But I like the yellow too
The orange is quite special
And the green is good for you
Ooo juicy peppers!
Ooo beautiful peppers!

Peppers peppers yeah!
(repeat -3X)

Chorus (2X)

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Peppers

Dance routine

Dancers in scattered formation may be standing in open spaces by desk. This routine is a "classic" 4 wall line dance that is commonly performed to the tune "Popcorn." If students are not familiar with the routine teach pattern in open space prior to performing in classroom. Teach dance with all facing one direction prior to turning. (Standard 3)

Touch right toe diagonally forward

Touch right toe by left foot

Touch right toe diagonally forward

Step right foot in place

Touch left toe diagonally forward

Touch left toe by right foot

Touch left toe diagonally

Step left foot in place

Touch right toe diagonally backward

Touch right toe by left foot

Touch right toe diagonally backward

Touch left toe by right foot

Touch left toe diagonally backward

Step left foot in place

Lift right knee to touch left elbow, touch right foot down and repeat touching right knee to left elbow then step on right foot lift left knee to touch right elbow, touch left foot down and repeat touching left knee to right elbow and step on left foot lift right knee to left elbow then left knee to right elbow.

Clap

Jump $\frac{1}{4}$ turn clockwise to face new wall

Repeat continuously

I'll Take Them Anyway You Make Them

*Words & Music by Stephen Bashaw
Performed by Chance Scoggins*

Rutabaga, snap peas,
Spinach and asparagus,
Peppers, beets, acorn squash,
There's no need to make a fuss
Onion, scallions, chives and leeks,
Cucumbers and artichokes
Avocados, sweet potatoes,
Great for big and little folks
There's no need to look at me so funny
I just think they all are really something

Okra, lentils, eggplant, corn,
Cauliflower, mustard greens,
Black or soy or lima beans,
Stick some in your blue jeans
Rhubarb, celery,
Brussels sprouts and mushrooms
Broccoli, and breadfruit,
Get the point of this tune?
Wait a second and I'll keep going
But I just think that you by now are knowing that

Chorus:
I'll take them, anyway you make them
Inside out, going north or going south yeah
I'll take them, anyway you make them
I'm not that hard to please
I'll take them, anyway you make them
Upside down, when I'm lost or when I'm found yeah
I'll take them, just don't fake them,
They all sound good to me

Carrots, ginger, cabbage, kale,
Pumpkin, squash and watercress,
Chard and parsley, turnips, yams
I think I just ran out of breath
Parsnips, corn, arugula,
And bok choy from the Chinese
More kinds of beans, Have I said peas?
That's just about enough for me
There's no need to look at me so funny
I just think they all are really something 'cause

Chorus

Mashed, chilled, on a grill.
For my birthday such a thrill
Boiled, sliced, over rice,
In the morning, late at night
Raw, chopped, cold or hot
Just promise me you will not stop
You can serve them low, or serve them high

Please serve them now and don't be shy 'cause

Chorus

They all sound good to me
They all sound good to me

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I'll Take Them Anyway You Make Them

Prompt for physical activity

Vigorous dance routine performed in large single circle for 4th grade and above. (standard 3)

Dancers face center, hands are not joined

Verses

Perform continuous grapevine steps counter clockwise for 32 counts ("Rutabaga, snap peas, spinach,...")

Perform 8 half jacks, turning sideways while doing straddle jump and facing center while jumping feet together (There's no need to look at me so funny, I just think they all are really something.)

2nd verse do continuous grapevine steps clockwise for 32 counts ("Okra, lentils,...") perform 8 half jacks, turning sideways while doing straddle jump and facing center while jumping feet together ("Wait a second I'll keep going, but I think that you by now are knowing.")

Chorus:

Run in 3 steps and jump

Run out 3 steps and jump

Repeat running in and out during chorus

Continue performing continuous grapevine steps for 32 counts followed by 8 half jacks, facing center while jumping feet together and turning sideways while doing straddle jump for all verses. Run into and out of circle during the chorus.