

**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

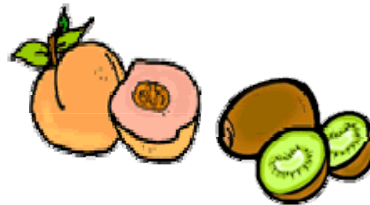
The peaches grow upon the tree  
Hurrah, Hurrah

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?

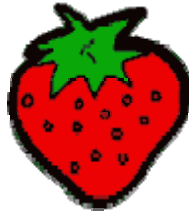


**To the tune of: You are my Sunshine**

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.

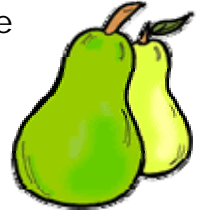
It is a berry  
It is a berry  
It is blue and  
Full of taste.

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.

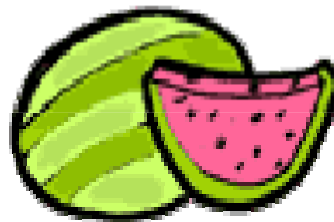
Mangos, mangos grow on trees  
They're so good for you and me.

**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 Rround 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!