

Weekly Thematic Unit: Protein Perfection

Sing Along Songs

Chicken, Beans, Eggs, Nuts, and Seeds

(Sung to: Twinkle, Twinkle Little Star)

Chicken, beans, eggs, nuts, and seeds
Protein foods are good for me.
For my snack and in my lunch,
Peanuts are great to munch.
Chicken, beans, eggs, nuts, and seeds
Protein foods are good for me.

Fish Bites

(Sung To: Ten Little Indians)

One little, two little, three little fish bites,
Four little, five little, six little fish bites,
Seven little, eight little, nine little fish bites.
Headed to my belly.

Eggs

(Sung to: Row, Row, Row Your Boat)

Scramble, scramble, scramble the eggs.
Scramble them in a pan.
Turn them, flip them, stir them, scoop them.
Move your spoon around.

A Peanut Sat On A Railroad Track

(Sung to: Pop Goes The Weasel)

A peanut sat on a railroad track.
His heart was all aflutter. (pat heart)
Around the bend came number 10. (hold up 10 fingers)
Choo-Choo Peanut Butter (pull whistle)
Smack! (clap)

Around Our Table

(Sung to: Down By The Station)

Around our table, all throughout the day
We eat lots of proteins to help us grow.
Turkey, eggs, nuts, and milk all are proteins.
Chew, chew, crunch, crunch
Down they go.