

Weekly Thematic Unit: Snacking The Healthy Way

Sing Along Songs

Eat Some Fruit For Snack Today

(Sung to: Polly Put the Kettle On)

Eat some fruit for snack today.
Eat some fruit for snack today.
Eat some fruit for snack today.
Let's be healthy.

Little Carrots

(Sung To: Ten Little Indians)

One little, two little, three little carrots,
Four little, five little, six little carrots,
Seven little, eight little, nine little carrots.
All for us to eat!

Healthy Food

(Sung to: The Hokey Pokey)

Healthy food!
Boy, it tastes so good.
I am one healthy dude
'Cause I eat healthy food.
I love it boiled or stewed,
I love it whole or chewed.
You'd feel just great if you'd
Eat some healthy food!

The Milk That I Drink

(Sung to: The Wheels On The Bus)

The milk that I drink is good for me,
Keeps my bones healthy,
And my teeth.
The milk that I drink is good for me.
I love dai-ry!

The cheese that I eat is good for me,
Keeps my bones healthy.
And my teeth.
The cheese that I eat is good for me.
I love dai-ry!

Snacking On Healthy Foods

(Sung to: If You're Happy And You Know It)

Give me an apple,
Some crackers and some cheese,
A big banana,
Or some celery,
How 'bout some popcorn
Or some pretzels
Oh it's all so good
Let's all snack on healthy foods!