

Give me

5

a day!



How to use this music CD **Introduce** the songs to the children. Have the children **listen** to the songs. **Encourage** the children to **move to the songs to increase physical activity**. Play this music **several days a week** to help the children learn the songs. **Dance and sing** with the children.

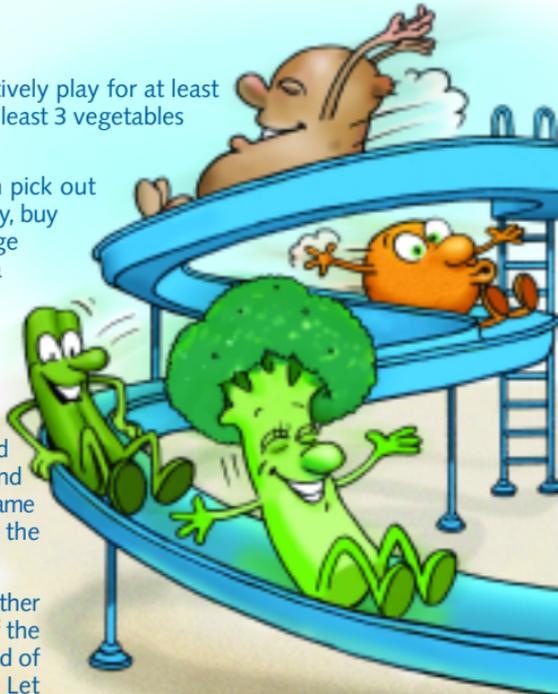
Teach healthy habits

Every day Encourage children to actively play for at least 1 to 2 hours each day. Offer children at least 3 vegetables and 2 fruits each day.

At the grocery store Let children pick out vegetables and fruits they would like to try, buy vegetables and fruits in season, encourage children to learn about and enjoy a variety of foods. Check food labels to find foods lower in fat and sugar.

At home Grow vegetables and fruits in a garden and let the children help. Have washed and cut vegetables and fruits ready for children to snack on. Be a good role model and eat plenty of vegetables and fruits. Plan meals and snacks at about the same time each day and involve children in the preparation.

At the dinner table Eat meals together as a family as often as possible. Turn off the TV during mealtimes. Offer water instead of soda or other sweetened beverages. Let children stop eating when they are full, instead of when the plate is empty.



This CD belongs to:



I. Fun Food

Hey friends, come sing along, these are my fun food songs

Everybody say my fun food songs, my fun food songs, my fun food songs

Come on now, stand up and dance along

Everybody stand up and dance along

We're moving our bodies we're singing along

Everybody's dancing to my fun food songs

When I want to dance and sing along

I will play my fun food songs

When I want to sing and move my feet

My fun food songs have a real cool beat

Listen to the music and feel the beat

That's why I choose it, just look at my feet

The music moves my body, oh what a treat

Everybody's dancing with happy feet

When we want to dance and sing along

We will play our fun food songs

4:39

When we want to sing and move our feet

Our fun food songs have a real cool beat

Everybody's dancing, everybody's singing

Everybody's moving to the beat

Everybody's dancing, everybody's singing

Everybody's dancing with happy feet

Clap your hands, way up high

Shake them to the left and shake them to the right

Clap your hands, way up high

And everybody say give me 5

Give me 5, give me 5, everybody say give me 5 (2 times)

Everybody's dancing, everybody's singing

Everybody's moving to the beat

Everybody's dancing, everybody's singing

Everybody's dancing with happy feet

Clap your hands way up high

Shake them to the left and shake them to the right

Clap your hands way up high

And everybody say give me 5

Songs

You know I like to dance and sing along
And that's why I play my fun food songs
You know I like to dance and move my feet
My fun food songs have a real cool beat

Everybody's dancing, everybody's singing

Everybody's moving to the beat

Everybody's dancing, everybody's singing

Everybody's dancing with happy feet

Clap your hands way up high
Shake them to the left and shake them to the right

Clap your hands way up high and
everybody say give me 5

Give me 5, give me 5, everybody say give me 5

Give me 5, give me 5, 1, 2, 3, 4, 5 (3 times)

Give me 5, give me 5, everybody say give me 5 (2 times)



2. Give Me 5 A Day!

Give me 5, give me 5, give me 5 a day

Give me 5 fruits and vegetables each day

Give me 5 fruits and vegetables every day

Give me 5 fruits and vegetables a day

Give me 5 fruits and vegetables each and every day

Give me 5, give me 5, give me 5 a day

I like fruits and vegetables I eat them

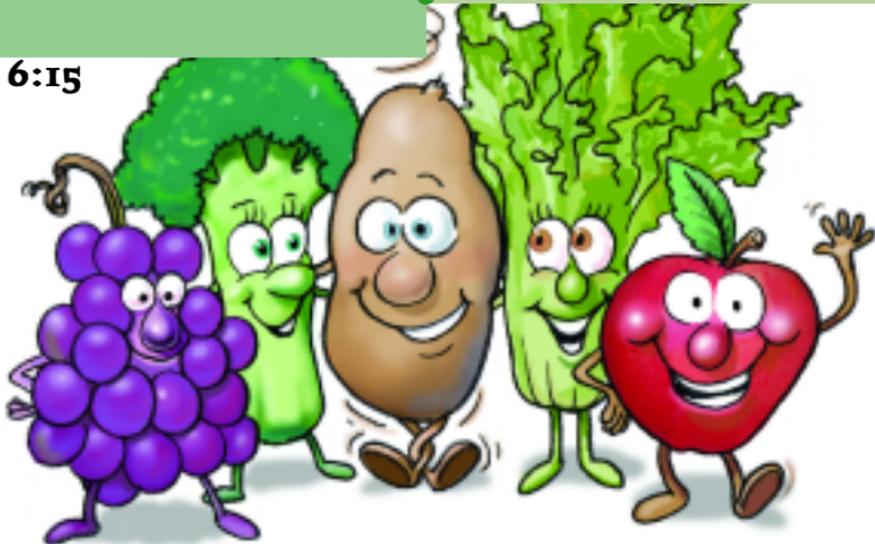
every day

They give me lots of energy so I can play

I eat them in the morning and I eat them for brunch

I eat them for dinner and for snack and lunch

6:15



Fruits and vegetables are my favorite foods to eat

Fruits and vegetables are my favorite yummy treats

Fruits and vegetables give me super energy

Fruits and vegetables make us all healthy

Give me 5, give me 5, give me 5 a day (2 times)

Jump up and down and do some counting with me

Jumping up and down, we're counting 1, 2, 3

Jump up and down, I'm counting with you

Jumping up and down, we're counting 1, 2

3 vegetables and 2 fruits, 3 vegetables and 2 fruits

3 plus 2 adds up to 5,

3 plus 2 adds up to 5

And that's what we need

Give me 5, give me 5, give me 5 a day (2 times)

Now spin around and do some counting with me

Spinning around, we're counting 1, 2, 3

Spinning around and I'm counting with you

Spinning around, we're counting 1, 2

3 vegetables and 2 fruits, 3 vegetables and 2 fruits

3 plus 2 adds up to 5,

3 plus 2 adds up to 5

And that's what we need

Give me 5, give me 5, give me 5 a day (2 times)

Now fly around and do some counting with me

Flying around, we're counting 1, 2, 3

Flying around, I'm counting with you

Flying around, we're counting 1, 2

3 vegetables and 2 fruits, 3 vegetables and 2 fruits

3 plus 2 adds up to 5,

3 plus 2 adds up to 5

Give me 5, give me 5, give me 5 a day (4 times)

3. Snack Smart

I'm moving my feet, I'm moving to the beat

I'm standing up and getting off of my seat

I'm moving my feet, I'm groovin' to the beat

I'm moving more and I'm eating smart treats

I'm snacking smart, I'm moving more
Because I eat right I have energy to soar
I snack smart and I move more
I keep my body moving
It's fun for sure
We're moving our feet

You've got to snack smart and move more (4 times)

I like to get up and go every day
I don't like to sit on the couch all day
I turn off the TV so I can explore
I snack smart and I move more

3:37

I eat apples, bananas, grapes, and strawberries

Fruits and vegetables make me strong

Carrots, potatoes, broccoli, and tomatoes

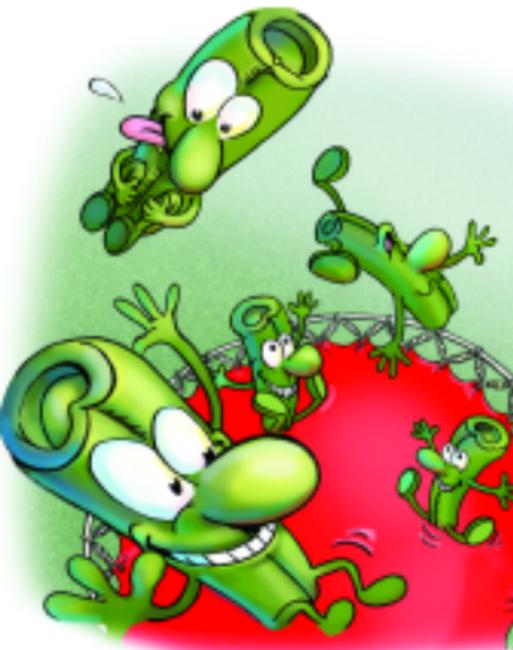
Come on friends and play along

You've got to snack smart and move more (4 times)

I'm moving my feet, I'm moving to the beat

We're standing up and getting off of our seats





Move More

We're moving our feet, yea we're
groovin' to the beat
We're moving more and we're eating
smart treats

Snacking smart and we're moving more (4 times)

Apples, bananas, grapes, and
strawberries
Fruits and vegetables make me strong
Carrots, potatoes, broccoli, and tomatoes
Come on friends and play along

We're moving our feet, we're moving to
the beat
We're dancing now, just look at our feet

I snack smart and I move more
I keep my body moving
It's fun for sure
We're moving our feet

Snack smart and move more

**You've got to snack smart and move more
(3 times)**

Snack smart and move more

**You've got to snack smart and move more
(3 times)** ●

4. Silly Fruits and Vegetables Dance



Have you ever seen a carrot doing a dance?
Have you ever seen potatoes wearing pants?
Have you ever seen broccoli jumping up and down?
Have you ever seen tomatoes spinning around?

Let's dance, let's dance at the silly fruits and vegetables dance

Let's dance, let's dance, dance, dance, dance, dance, dance

Now late at night when the stores are closed
The fruits and vegetables put on clothes
They sing and dance with great big smiles

3:40

They hop and skip up and down the aisles

**Let's dance, let's dance, everybody,
everybody, let's dance**

Let's dance, let's dance at the silly fruits and vegetables dance

Tomatoes are jumping up and down
Jump, jump, jumping up and down
Jump, jump, jumping up and down
Tomatoes are jumping up and down

**Let's jump, let's jump, everybody,
everybody, let's jump**

**Let's jump, let's jump, jump, jump, jump,
jump, jump**

**Let's dance, let's dance, dance, dance,
dance, dance, dance**

Let's dance, let's dance at the silly fruits and vegetables dance

The carrots are spinning around and around
Spin, spin, spinning around and around

Spin, spin, spinning around and around
The carrots are spinning around and around

**Let's spin, let's spin, everybody, everybody,
let's spin**

Let's spin, let's spin, spin, spin, spin, spin,
spin

Let's jump, let's jump, everybody,
everybody, let's jump

Let's jump, let's jump, jump, jump, jump,
jump, jump

Let's dance, let's dance, dance, dance,
dance, dance, dance

Let's dance, let's dance at the silly fruits and
vegetables dance

The bananas and grapes are playing in a
band

They're marching through the aisles of the
produce stands

March, march, marching, playing in a band
March, march, marching, playing in a band

Let's march, let's march, everybody,
everybody, let's march

Let's march, let's march, march, march,
march, march, march

Let's spin, let's spin, everybody, everybody,
let's spin

Let's spin, let's spin, spin, spin, spin, spin,
spin

Let's jump, let's jump, everybody,
everybody, let's jump

Let's jump, let's jump, jump, jump, jump,
jump, jump

Let's dance, let's dance, dance, dance,
dance, dance, dance

Let's dance, let's dance at the silly fruits and
vegetables dance

Have you ever seen a carrot doing a dance?
Have you ever seen potatoes wearing pants?
Have you ever seen broccoli jumping up and
down?

Have you ever seen tomatoes spinning
around?

At the dance, at the dance

At the silly fruits and vegetables dance

At the dance, at the dance

At the silly fruits and vegetables dance

Yes, I've seen carrots doing a dance

And I've seen potatoes wearing pants

And I've seen broccoli jumping up and
down

And I've seen tomatoes spinning around

At the dance, at the dance

At the silly fruits and vegetables dance

At the dance, at the dance

At the silly fruits and vegetables dance ●



Meet Rodger Tripp

The musician, singer and songwriter, Rodger Tripp, has a Bachelor's degree in Child Development and Family Relations from Florida State University. He also has minors in Early Childhood Education and Music Education. He was a preschool teacher for 13 years,

a director of a preschool for 2 years, and has been singing with young children for a total of 25 years. Since 1990, he has been a Music Enrichment Teacher with many preschools in Tallahassee, Florida as "The Singing SafariMan." Many of Rodger's songs are movement songs. These are songs which get the children and their parents and teachers dancing and creating their own movements. Some of his songs give specific directions for the movements and some are more open-ended allowing the audience to freely express themselves. Through his education and experience, Rodger has found that preschoolers love to feel the beat and rhythm of music; however, the most important thing about music to a preschooler is the words. These young children want to learn how to communicate using words more than anything else in the world. They love music and language at the same time. Music enhances their learning. Rodger Tripp can be reached at 850.575.7091 or at wetripps@aol.com.

You can use this music CD with the "Give Me 5 A Day!" book.

Information regarding this book can be found at the following web site:
www.doh.state.fl.us/family/wic/Documents/Five_A_Day/Give_me_5_a_day.html



WRITTEN AND PERFORMED BY
**Rodger Tripp, the
Singing SafariMan**

ADDITIONAL VOCALS
"Give Me 5 A Day!"
Ellen Farrell, Sierra Bush Rester, Mikayla Bush Rester, Keelan Bush Rester and Julian Tripp
"Snack Smart Move More,"
Flossie Smith and Michelle Thomas

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