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:
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

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
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)

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
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.
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
And that’s what we need

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

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

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

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

3:40
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, dance, dance
Let's dance, let's dance at the silly fruits and vegetables dance
Let's jump, let's jump, everybody, everybody, let's jump
Let's jump, let's jump, jump, jump, jump, jump
Let's dance, let's dance, dance, 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

FOR FURTHER INFORMATION
CONTACT
Bureau of WIC and Nutrition Services
850.245.4202 or 1.800.342.3556
www.doh.state.fl.us/family/wic/index.html
Bureau of Child Nutrition Programs 850.245.4323
www.doh.state.fl.us/ccfp/index.html

Copyright© 2004 Florida Department of Health. All songs written and performed by Rodger Tripp. This CD may be reproduced for educational purposes only. No part of this music CD may be reproduced for profit or sold for commercial purposes. This CD encourages children to move and dance. If there are any concerns about the health of a child, the parent or caregiver should check with the child’s health care provider before using this CD. These institutions are equal opportunity providers.