

The Foods on My Plate (sing to Farmer in the Dell)

A fruit is on My Plate, A fruit is on My Plate
Bananas, oranges, kiwi too, a fruit is on My Plate!

A vegetable is on My Plate, a vegetable is on My Plate
Broccoli, carrots, green beans too, a vegetable is on My Plate!

Some protein is on My Plate, some protein is on My Plate
Chicken, fish and tofu too, some protein is on My Plate!

A whole grain is on My Plate, a whole grain is on My Plate
Oatmeal, brown rice and quinoa too, a whole grain is on My Plate!

Oats, Rice, Wheat and Barley Grow (Sing to Oats and Beans and Barley Grow)

Oats, rice, wheat and barley grow;
Oats, rice, wheat and barley grow;
Do you or I or anyone know how oats, rice, wheat and barley grow?

First the farmer plants the seeds,
Stands up tall and takes his ease,
Stamps his feet and claps his hands,
And turns around to view his lands.

Oats, rice, wheat and barley grow;
Oats, rice, wheat and barley grow;
Do you or I or anyone know how oats, rice, wheat and barley grow?

Then the farmer waters the ground,
Watches the sun shine all around,
Stamps his feet and claps his hands,
And turns around to view his lands.

Oats, rice, wheat and barley grow;
Oats, rice, wheat and barley grow;
Do you or I or anyone know how oats, rice, wheat and barley grow?

Then the farmer watches it grow,
Uses his tools to cut them all,
Stamps his feet and claps his hands,
Sends out whole grains to feed all the land!

Song Ideas: