



Fruit and Vegetable Song

By Kelley Shiplack Regina, Sk.
(sing to Lou Bega's Mambo No.5)

Grade Level: 3

Primary Subject: Health / Physical Education

Secondary Subjects: Music

The song below is a fun way of teaching students the value of eating fruits and vegetables.

Boys and Girls, this is Mambo number five.

*One, two, three, four, five, eat your five a day and you'll be just fine,
To the market for some peas and bananas
The boys want sweets, but the girls don't wanna..
5 a day like I had last week.
I must stay healthy and not get weak.
I like apples, bananas, carrots and pears,
And as I continue, you know they're getting better.
So what can I do? I beg you my teacher.
Eat your 5 a day and you'll be sure to please her
Anything good, so that I can play all day,
So please mom give me 5 a day.*

(chorus)

*A little bit of strawberries in my life,
A little bit of broccoli on the side.
A little bit of lettuce is all I need,
A little bit of cauliflower is all I eat.
A little bit of raisins in the sun,
Make grapes a snack so fun.
A little bit of celery here I am,
A little bit of vitamins to be a strong man / woman!!!!!!!
Mambo number five.*

*Jump up and down and move it all around.
Shake your head to the sound, put your hands on the ground.
Take one step left and one step right.*

*One to the front and one to the side.
Clap your hands once and clap your hands twice
And if it looks like this then you're doing it right.*

(chorus)

*I eat this all to be a strong kid.
So I can work and I can play .
I can have so much energy all day.
Mambo number five.*

(chorus)