

# Fabulous Food

Rhymes  
&  
Resources

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&  
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## Picking Up Apples

(Traditional, adapted by Mary Marshall)  
Tune: "The Paw-Paw Patch"

Pickin' up apples, put 'em in the basket.  
Pickin' up apples, put 'em in the basket.  
Pickin' up apples, put 'em in the basket.  
Way down yonder by the apple tree.

Pickin' up pumpkins, put 'em in the basket.  
Pickin' up pumpkins, put 'em in the basket.  
Pickin' up pumpkins, put 'em in the basket.  
Way down yonder in the pumpkin patch.

Pickin' up peaches, put 'em in the basket.  
Pickin' up peaches, put 'em in the basket.  
Pickin' up peaches, put 'em in the basket.  
Way down yonder by the peachy tree.

Pickin' strawberries, put 'em in the basket.  
Pickin' strawberries, put 'em in the basket.  
Pickin' strawberries, put 'em in the basket.  
Way down yonder in the berry patch.

*Make cut outs of these different fruits  
and scatter them for the children to pick up  
while you sing the verses.*

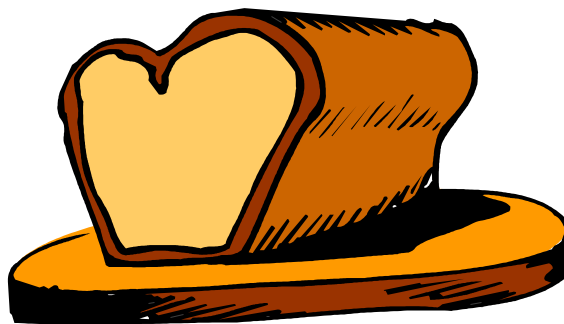
## Baking Song

(Best of Mailbox Songs, Poems, and Fingerplays)  
Tune: "The Mulberry Bush"

What would you like to bake today,  
Bake today, bake today?  
What would you like to bake today  
So early in the morning?

I'd like to bake some bread today,  
Bread today, bread today.  
I'd like to bake some bread today.  
So early in the morning.

*Additional verses: repeat last verse substituting cake, pie, muffins, cookies for bread.  
Use a flannel board with pictures of the different foods.*



# Pizza Song

(McKinnon/ *Busy Bees Fall*, additional verses by Mary Marshall)

Tune: "If You're Happy and You Know It"

If you want to eat some pizza,

Shake your head. [*shake head "yes"*]

If you want to eat some pizza,

Shake your head. [*shake head "yes"*]

If you like bubbly cheese,

Then just say, "Pizza please!" [*all yell "Pizza please"*]

If you want to eat some pizza,

Shake your head. [*shake head "yes"*]

If you want to eat some veggies,

Clap your hands. [*clap*]

If you want to eat some veggies,

Clap your hands. [*clap*]

If you like beans and peas

Then just say, "Veggies please!" [*all yell "Veggies please"*]

If you want to eat some veggies,

Clap your hands. [*clap*]

If you want to eat a sandwich,

Stamp your feet. [*stamp*]

If you want to eat a sandwich,

Stamp your feet. [*stamp*]

If you like bread and cheese

Then just say, "Sandwich please!" [*all yell "Sandwich please"*]

If you want to eat a sandwich,

Stamp your feet. [*stamp*]

If you want to eat some ice cream,

Give a scream. [*all yell*]

If you want to eat some ice cream,

Give a scream. [*all yell*]

If you'd like a quick brain freeze,

Then just say, "Ice cream please!" [*all yell "Ice cream please"*]

If you want to eat some ice cream,

Give a scream. [*all yell*]







## 5 Yummy Cookies

(Phelps/ Finger Tales)

5 (4,3,2) yummy cookies,

All chocolate chip,

Were sitting in the cookie jar

When the table tipped!

The cookie jar tumbled,

One cookie crumbled. *[remove one cookie]*

How many cookies are left? *[count remaining cookies together]*

One yummy cookie,

It was chocolate chip,

Was sitting in the cookie jar

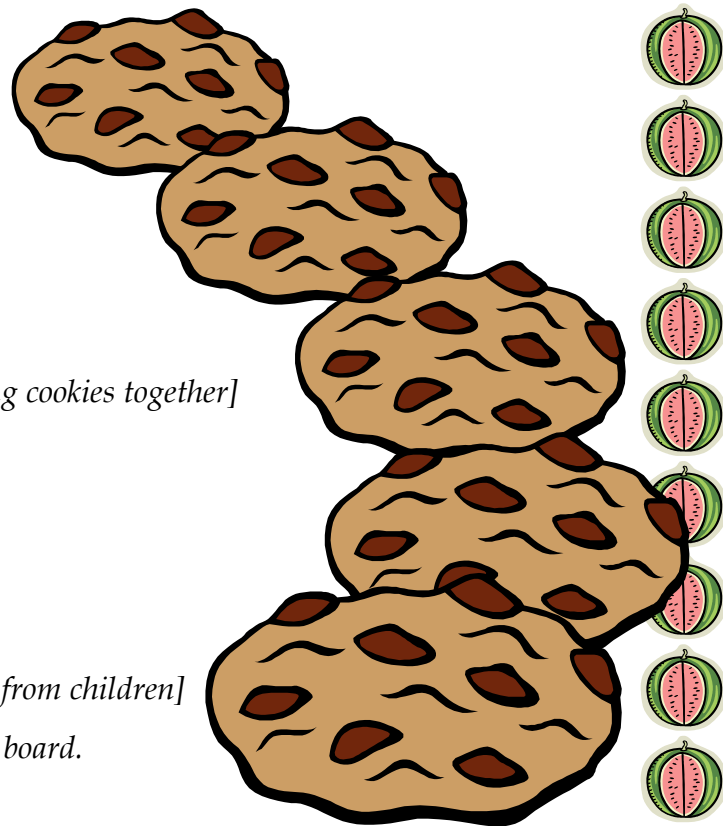
When the table tipped!

The cookie jar tumbled,

One cookie crumbled. *[remove last cookie]*

How many cookies are left? *[pause for reply from children]*

*This can be used with finger puppets or flannel board.*



## Five Bananas

(Lohnes/ Finger Folk)

Five bananas in the grocery store.

A boy bought one, and then there were four.

Four bananas, yellow as can be.

A girl bought one, and then there were three.

Three bananas, sweet and juicy, too.

A boy bought one, and then there were two.

Two bananas, ripened by the sun.

A girl bought one, and then there was one.

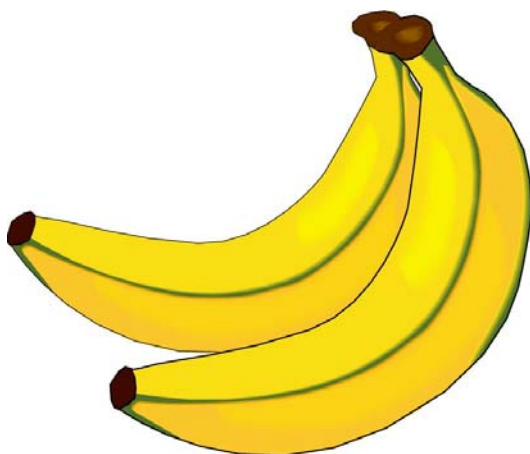
One banana, last one in the bunch.

A boy bought it, and ate it for his lunch.

No bananas in the grocery store.

"Hey, Mr. Grocer, please order some more."

*This can be used with finger puppets  
or a flannel board.*





# A Chocolate Chant

(Preschool Education)

Chocolate, chocolate

Tastes so sweet- *[rub tummy]*

How much chocolate can I eat? *[palms up: shrug gesture]*

Chocolate pudding, *[hold up 1 finger]*

Chocolate chips, *[two fingers]*

Chocolate ice cream-double dips, *[three fingers]*

Chocolate candy, *[four fingers]*

Chocolate bars, *[five fingers]*

Chocolate cookies in a cookie jar, *[six fingers]*

Chocolate syrup, *[seven fingers]*

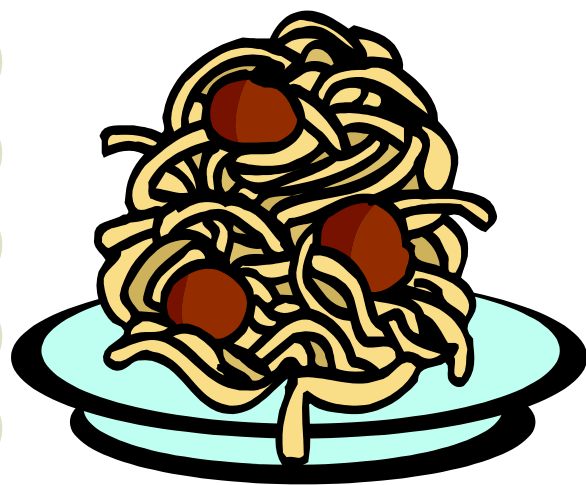
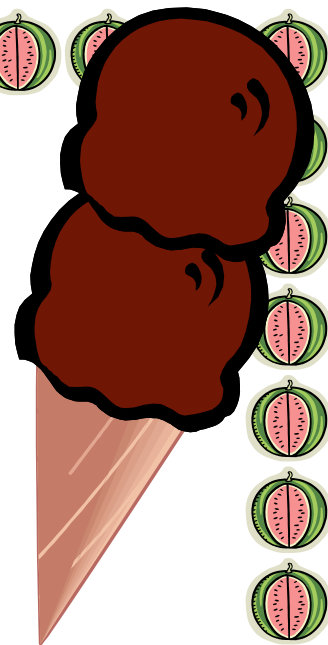
Chocolate drops, *[eight fingers]*

Chocolate in my lollipops, *[nine fingers]*

Chocolate cream pie, *[ten fingers]*

Chocolate shake, *[wiggle all ten fingers]*

Too much chocolate means a tummy ache! *[bend over and hold tummy]*



## If You Love Spaghetti

(Milliken/ Finger Plays and Action Rhymes)

If you love spaghetti, smack your lips.

If you love hamburgers, shake your hips.

If you love onions, cry, cry, cry.

If you love chicken, fly, fly, fly.

If you love ice cream, tap your toes.

If you love applesauce, touch your nose.

If you love zucchini, wiggle around.

If you love bananas, touch the ground.

If you love spinach, jump up high.

If you love pizza, touch the sky.

If you love apples, stand up tall.

Now shout the food that you love best of all.

# Hand-Me-Down Food

(Irving/ Mudluscious)

Five leftover pizza pieces  
From the night before.

Dad came and ate one,  
GULP!

Then there were four.

Four leftover pizza pieces  
One with anchovies.

Mom came and ate one,  
GULP!

Then there were three.

Three leftover pizza pieces  
Cheese like sticky glue.

Brother came and ate one,  
GULP!

Then there were two.

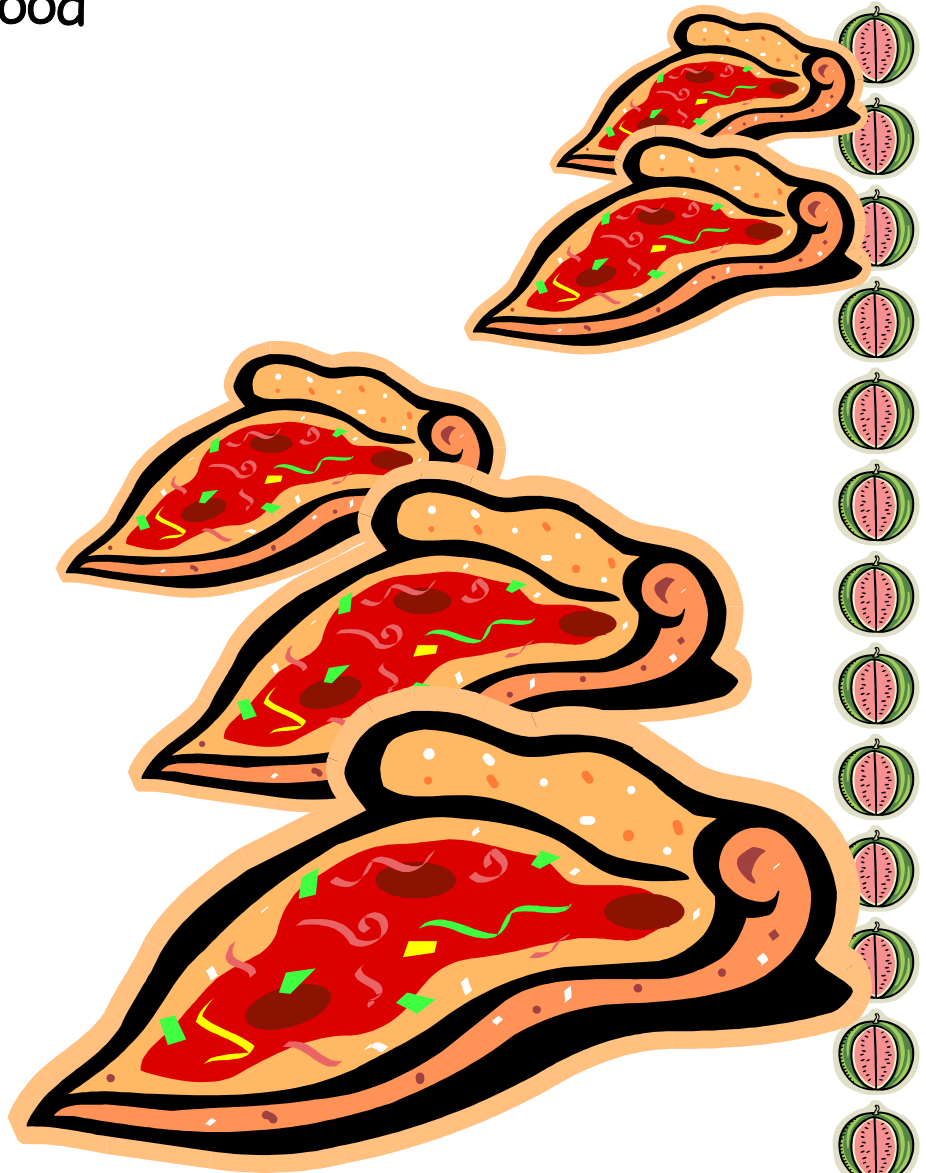
Two leftover pizza pieces  
Waiting for someone.

Sister came and ate one,  
GULP!

Then there was one.

One leftover pizza piece  
But I don't want to be a hog.  
So I went and got it,  
And split it with the dog.  
Arf!

*This can be used with a flannel board or toy pizza.*



## Popcorn

(Stetson/ Little Hands Fingerplays & Action Songs)




One little kernel [hold up one finger]  
Sleeping in the pot. [head on hands, eyes closed]  
Turn on the heat, [turn "switch" on with hand]  
And watch it pop. [clap hands]  
Popping, popping popcorn, [jump in place]  
A crunchy, crunch treat, [stomp on the ground]  
Pour on the butter [pour with hands]  
And let me eat! [gobble up "popcorn"]





# Vegetable Soup Song

(Piggyback Songs, adapted by Mary Marshall)



Tune: "Farmer in the Dell"





The soup is boiling up  
The soup is boiling up  
Stir slow-around we go *[make stirring motions]*  
The soup is boiling up.





First we add the clear broth.  
First we add the clear broth.  
Stir slow-around we go *[make stirring motions]*  
The soup is boiling up.





Now we add some carrots.  
Now we add some carrots.  
Stir slow-around we go *[make stirring motions]*  
The soup is boiling up.





Now we add potatoes.  
Now we add potatoes.  
Stir slow-around we go *[make stirring motions]*  
The soup is boiling up.





Now we add tomatoes.  
Now we add tomatoes.  
Stir slow-around we go *[make stirring motions]*  
The soup is boiling up.



Now we add some green peas.  
Now we add some green peas.  
Stir slow-around we go *[make stirring motions]*  
The soup is boiling up.



The soup is finally done.  
The soup is finally done.  
Stir slow-around we go *[make stirring motions]*  
The soup is finally done.

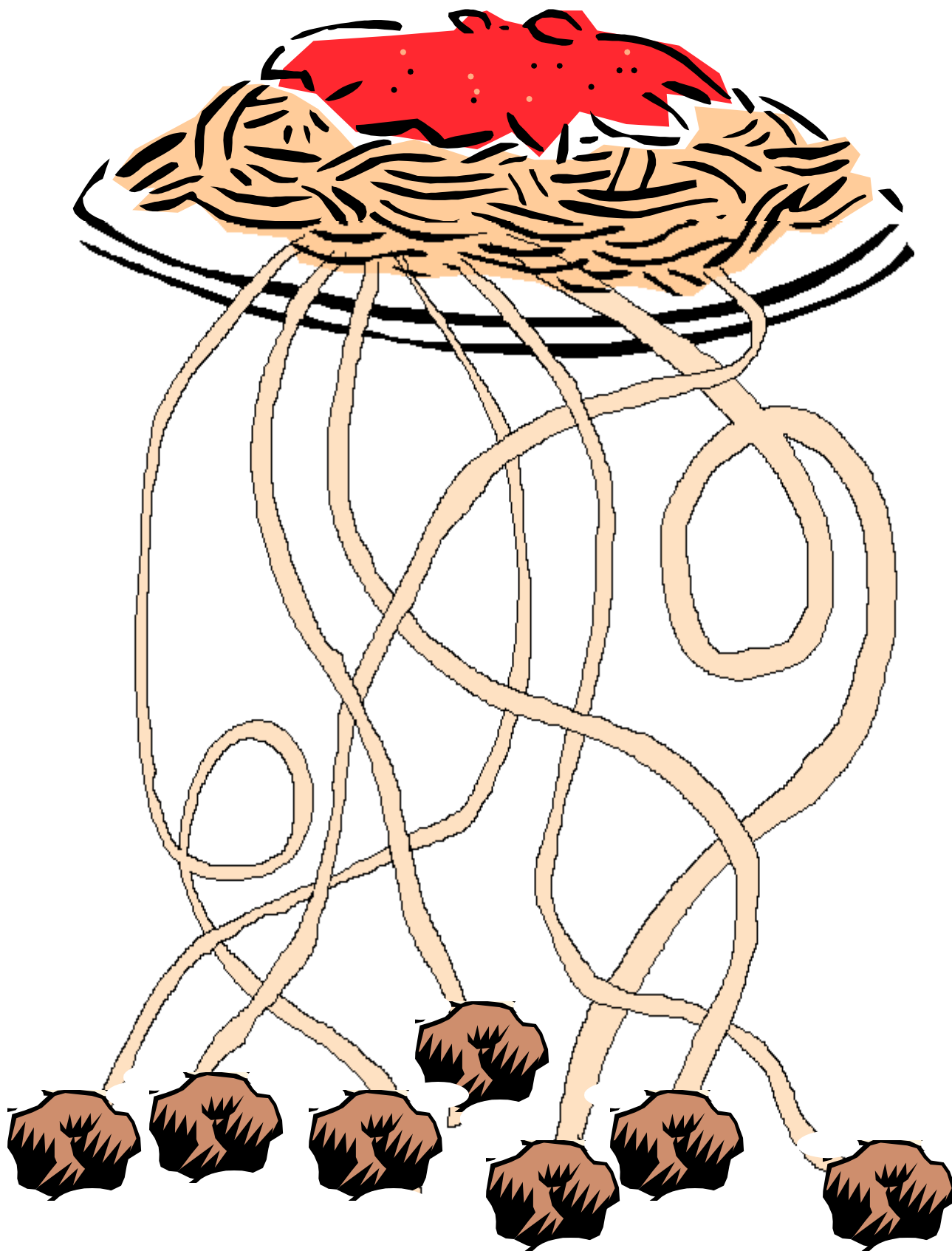


As you sing the song, put vegetables  
or pictures of them in a large pot and stir.





**Uh-oh, somebody sneezed. Follow the spaghetti to the meatballs. How many meatballs are there? Which piece of spaghetti is on the top?**



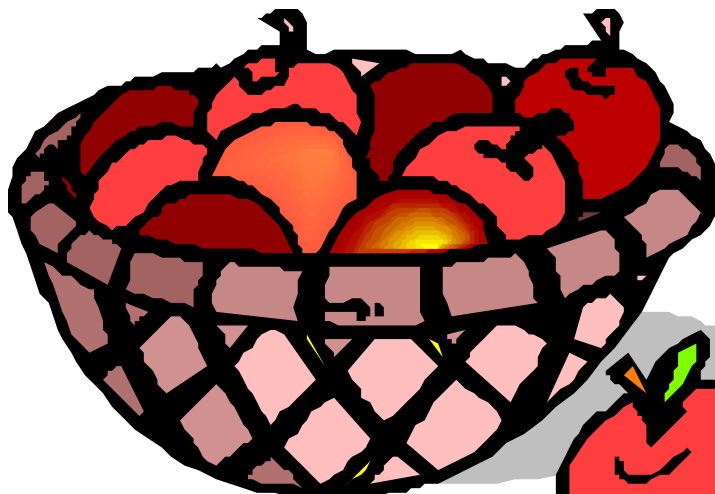
A decorative border of watermelon slices surrounds the page. The slices are arranged in a rectangular frame, with a few extra slices at the bottom center and bottom right.

## Selected Books on Food

- Auch, Mary Jane. *The Princess and the Pizza*. New York: Holiday, 2002.
- Beck, Scott. *A Mud Pie for Mother*. New York: Dutton, 2003.
- Collins, Ross. *Alvie Eats Soup*. New York: Levine, 2002.
- Ehlert, Lois. *Eating the Alphabet*. San Diego: Harcourt Brace, 1989.
- Ehlert, Lois. *Growing Vegetable Soup*. San Diego: Harcourt Brace, 1985.
- Fleming, Denise. *Lunch*. New York: Holt, 1993.
- Garrett, Ann and Gene-Michael Higney. *What's for Lunch?* New York: Dutton, 1999.
- Harris, Lee. *Never Let Your Cat Make Lunch for You*. Berkeley, CA: Tricycle, 1999.
- Hoban, Russell. *Bread and Jam for Frances*. New York: HarperCollins, 1993.
- London, Jonathan. *"Eat!" Cried Little Pig*. New York: Dutton, 2003.
- Many, Paul. *The Great Pancake Escape*. New York: Walker, 2002.
- Miller, Virginia. *Eat Your Dinner!* Cambridge, MA: Candlewick, 1992.
- Munsch, Robert. *More Pies!* New York: Cartwheel, 2002.
- Numeroff, Laura. *Two for Stew*. New York: Simon & Schuster, 1996.
- Palatini, Margie. *Piggie Pie!* New York: Clarion Books, c1995.
- Sendak, Maurice. *Chicken Soup with Rice*. New York: HarperCollins, 1962.
- Sharmat, Mitchell. *Gregory, the Terrible Eater*. New York: Four Winds, 1985.
- Shaw, Nancy. *Sheep Out to Eat*. Boston: Houghton Mifflin, 1992.
- Stevens, Janet and Susan. *Cook-a-doodle-doo!* San Diego: HarcourtBrace, 1999.
- Walter, Virginia. *"Hi, Pizza Man!"* New York: Orchard, 1995.
- Wells, Rosemary. *Bunny Cakes*. New York: Dial, 1997.

## Games and Music

- Bon Appetit!* CD (Cathy Fink)
- Cutting Food Box (33 pieces)
- Disney Funny Food Songs* CD
- Food Peg Puzzle ( 9 pieces)
- Peanut Butter Pie* CD (Tom Paxton)
- Piggyback Songs* CD



A decorative border of watermelon slices surrounds the text. The slices are arranged in a rectangular frame, with the number 10 centered at the bottom.

## Teacher Resources

*1001 Rhymes and Fingerplays for Working with Young Children.*

Everett, WA: Warren, 1994.

A to Z Kids Stuff. [www.atozkidsstuff.com](http://www.atozkidsstuff.com).

*Best of the Mailbox Songs, Poems, and Fingerplays.*

Greensboro, NC: Education Center, n.d.

Briggs, Diane. *101 Fingerplays, Stories and Songs to Use with Finger Puppets.*

Chicago: ALA, 1999.

Charner, Kathy. *The Giant Encyclopedia of Circle Time and Group Activities for Children 3 to 6.*

Beltsville, MD: Gryphon House, 1996.

Charner, Kathy. *The Giant Encyclopedia of Theme Activities for Children 2 to 5.*

Mt. Rainier, MD: Gryphon House, 1993.

Cooper, Kay. *Too Many Rabbits and Other Fingerplays about Animals, Nature, Weather, and the Universe.*

New York: Scholastic, 1995.

Forte, Imogene. *[Month] Patterns, Projects & Plans Series [by Month].*

Nashville, TN: Incentive, 1990.

Irving, Jan. *Second Helpings Books and Activities about Food.*

Englewood, CO: Teacher Ideas, 1994.

Lohnes, Marilyn. *Finger Folk.* Fort Atkinson, WI: Alleyside, 1999.

*The Mailbox* [magazine]

McKinnon, Elizabeth. *Busy Bees Fall.*

Everett, WA: Warren, 1994 [also, Spring, Summer, Winter].

Milliken, Linda. *Finger Plays and Action Rhymes.* Dana Point, CA: Edupress, 1996.

Patti's Preschool Resources. [www.geocities.com/soogal99/index.html](http://www.geocities.com/soogal99/index.html).

Phelps, Joan Hilyer. *Finger Tales.* Fort Atkinson, WI: Upstart, 2002.

Preschool Education. [www.preschooleducation.com](http://www.preschooleducation.com).

Raines, Shirley and Robert Canady. *Story S-T-R-E-T-C-H-E-R-S.*

Beltsville, MD: Gryphon House, 1989.

*Ring A Ring O'Roses.* 10th ed. Flint, MI: Flint Public Library, 1996.

Schiller, Pam and Thomas Moore. *Where Is Thumbkin?*

Mt. Rainier, MD: Gryphon House, 1993.

Silberg, Jackie. *300 Three Minute Games.* Beltsville, MD: Gryphon House, 1997.

Stetson, Emily and Vicky Congdon. *Little Hands Fingerplays & Action Songs.*

Charlotte, VT: Williamson, 2001.

Totten, Kathryn. *Seasonal Storytime Crafts.* Fort Atkinson, WI: Upstart, 2002.

Warren, Jean. *Animal Piggyback Songs.* Everett, WA: Warren, 1990.

Warren, Jean. *The Best of Totline.* Torrance, CA: Totline, 1995.

Warren, Jean. *More Piggyback Songs.* Everett, WA: Warren, 1995.



A decorative border of watermelon slices surrounds the text. The top and bottom borders are single rows of 15 slices each. The left and right borders are vertical columns of 15 slices each, with the corner slices overlapping the top and bottom borders.

## Story Totes

*Animals for All Seasons* [seasons & different animals]

*"B" Is for Building* [building & construction machines]

*Beautiful Babies* [big brothers, big sisters, & new babies]

*Billions of Bugs* [all kinds of insects]

*Birthday Bonanza* [celebrating birthdays]

*Bunches of Bears* [teddy bears & real bears]

*Cool Cats & Cuddly Kittens* [cats & kittens]

*Dazzling Dinosaurs* [dinosaurs]

*Fabulous Food* [food and eating]

*Fascinating Families* [all types of families & their members]

*Fun on the Farm* [farms & farm animals]

*Helpers & Heroes* [community helpers]

*Monster Mania* [monsters]

*Pooches by the Pound* [dogs & puppies]

*Preschoolers Pretend* [imagination & play]

*Rainbows & Stars* [colors & shapes]

*Sensational Seasons* [the four seasons]

*Sing a Song of Sixpence* [music & rhyme]

*Spectacular Sea Stories* [ocean & sea creatures]

*Trips Around Town* [places to visit]

*Wacky Weather* [all types of weather]

*Wonderful World of Wheels* [transportation]

*Zoo-rific* [zoos & zoo animals]

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