

Fruits and Vegetables Storytime

Shake My Sillies Out

Gotta shake, shake, shake my sillies out
Shake, shake, shake my sillies out
Shake, shake, shake my sillies out
And wiggle my waggles away.

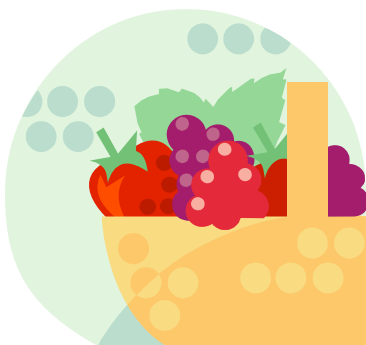
Gotta clap, clap, clap my crazies out...
Gotta jump, jump, jump my jiggles out...
Gotta yawn, yawn, yawn my sleepies out...
Gotta stretch, stretch, stretch my stretchies out
Gotta shake, shake, shake my sillies out...

Open Them, Shut Them

Open them, shut them
Open them, shut them
Give a little clap.
Open them, shut them
Open them, shut them
Put them in your lap.

Creep them, creep them
Creep them, creep them
Right up to your chin.
Open up your mouth
But do not put them in.

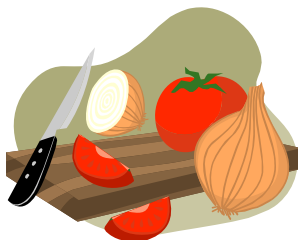
Open them, shut them
Open them, shut them
Give a little clap.
Open them, shut them
Open them, shut them
Put them in your lap.



Color Fruits

(count off fruits with fingers)

One yellow banana extra nice,
Pretty please, give me a slice.
Two round oranges really sweet,
What a super-duper treat!
Three red apples very bright,
Hurry up and take a bite.
Four purple plums in a sack,
Make a really special snack.
Five ripe pears all so yellow,
Yum, yum, how rich and mellow.
Six green melons nice to eat,
A dessert that can't be beat.
Seven peaches rather pink,
A good fruit to eat, I think.
Eight blueberries firm and good,
Do have some, you really should.
Nine cherries so shiny red,
Try some now, go right ahead.
Ten green grapes so great to munch,
Here, put a few in your lunch.



Vegetable Song

(tune of Twinkle Twinkle)

Carrots, Peas, and Broccoli,
Vegetables are good for me.
For my snack and in my lunch,
Veggie sticks are great to munch.
Carrots, Peas, and Broccoli,
Vegetables are good for me.

Carrots

See the carrots in the ground
(form a carrot with hands and point to the ground.)
I pull them hard without a sound
(pull carrots out)
I wash and clean them up and down.
(scrub up and down with your palms of your hands)
I love to eat them all year round.
(Pretend to eat carrots)

Three Little Carrots

Three little carrots *(hold up three fingers)*
What can I make?
I'll use one to make carrot cake.
(bend down first finger)

Two little carrots
Just watch my carrot tricks
I'll chop one to make some carrot sticks
(bend down second finger)

One little carrot
Alone in the sink
I'll blend one to make a carrot drink
(bend down third finger)

If You're Happy and You Know It

If you're happy and you know it, clap your hands
If you're happy and you know it, clap your hands
If you're happy and you know it,
And you really want to show it,
If you're happy and you know it, clap your hands

If you're happy and you know it, stomp your feet...
If you're happy and you know it, shout hooray...
If you're happy and you know it, do all three...

