### Nutrition Education Activity

**Activity Name:** Sing a Song, Meet a Good Food

<table>
<thead>
<tr>
<th>Step 1: Why</th>
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<tbody>
<tr>
<td>Children can see pictures of healthful foods and practice the names.</td>
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<th>Step 2: What</th>
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<td>Children will become more familiar with different foods by naming foods during the singing of a fun song.</td>
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<th>Step 3: How</th>
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<td>Materials needed to get ready for the activity:</td>
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<td>Samples or pictures of food items</td>
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**Step 4: When**
Any time during the day

**Step 5: Do the Activity**
Directions: Sing the verses below to the tune of *Mary Had a Little Lamb*.

Have children pass the real food or picture around a circle as they sing. After each verse choose another vegetable, such as green beans, and change the lyrics of the song.

I’m a potato, brown and round,
Brown and round,
Brown and round.
I’m a potato, brown and round,
Growing in the ground.

I’m a green bean, green and long,
green and long,
green and long.
I’m a green bean, green and long,
Growing on a vine.

I’m a tomato, red and round,
red and round,
red and round,
I’m a tomato, red and round,
Growing on a bush.

**Step 6: Follow-Up After the Activity**
When the foods are served at lunch or at snack, remind the children of the name of the food.