



908-654-5899



Weekly Lesson

January 22 - 26, 2018

FRUITS AND VEGETABLES I NEED TO EAT

In the midst of winter, staying healthy is a major priority. There's no better way to boost our immune systems, than by maintaining a nutritious diet.

This week we invite our students to enjoy this yummy treat of a song - "Fruits and Vegetables I Need to Eat." Sing a Song teachers use bright, colorful pictures of the vegetables and fruits in the lyrics. Children love recognizing and calling out their favorites!



FRUITS AND VEGETABLES I NEED TO EAT

Celery, broccoli, spinach and zucchini.
Celery, broccoli, spinach and zucchini.
Celery, broccoli, spinach and zucchini.
Green, green vegetables I love to eat!

Well maybe not enough.
But mom says I must try.
Because they're good for me.
And that's the reason why.

Oranges, blueberries, apples and bananas.
Oranges, blueberries, apples and bananas.
Oranges, blueberries, apples and bananas.
All these tasty fruits, I love to eat

Well maybe not enough.
But mom says I must try.

Because they're good for me.
And that's the reason why.



But, sometimes I eat...

Gummy bears, chocolate, cupcakes and cookies.

Gummy bears, chocolate, cupcakes and cookies.

Gummy bears, chocolate, cupcakes and cookies.

Sweet, sweet, yummy treats, I love to eat!

(Hands on tummies, with unhappy faces.)

Spoken: Ohhhh, my tummy hurts!

Well, maybe not today,

They're not so good for me.

So will you help me say now...

Celery, broccoli, spinach and zucchini.

Oranges, blueberries, apples and bananas.

Celery, broccoli, spinach and zucchini.

Oranges, blueberries, apples and bananas.

All these yummy foods, eaten every day -

Fruits and vegetables I love to eat!

Fruits and vegetables I love to eat!

All Sing A Song songs and activities develop various areas of age-appropriate skills, including language development, gross motor skills, fine motor skills, creative thinking, listening skills, social interaction skills, self-expression, imaginary play, autonomy and self-esteem.

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