

Banana Dance

Form the banana, form, form the banana. (Bring your right arm up
as you say this.)

Form the banana, form, form the banana. (Bring your left arm up.)

Peel the banana, peel, peel the banana. (Bring your right arm down.)

Peel the banana, peel, peel the banana. (Bring your left arm down.)

Go bananas, go, go bananas. (Jump around and act crazy!)

Go bananas, go, go bananas.

Form the corn, form, form the corn. (Bring your right arm up
as you say this.)

Form the corn, form, form the corn. (Bring your left arm up.)

Shuck the corn, shuck, shuck the corn. (Bring your right arm down.)

Shuck the corn, shuck, shuck the corn. (Bring your left arm down.)

Pop the corn, pop, pop the corn. (Jump on the word "pop.")

Pop the corn, pop, pop the corn.

Form the mango...

Do the tango! (Dance with a partner.)

Form the orange...

Squeeze the orange! (Hug a partner.)

Form the tomato...

"Th" the ketchup! (Make a "thump" sound as you pretend to shake a
ketchup bottle.)

Form the carrot...

Feed the bunny! (Fingers over head like ears and put top teeth
on bottom lip.)

Form the avocado...

Guacamole! (Shake your head and pretend to shake maracas.)

Activities: Have a tasting party where children bring in snacks to share.

Ask children to draw a time line to show how the tomato gets from the vine to the ketchup bottle.

Discuss all the things you can put ketchup on. Let each child draw a picture and then make a class book called "We Like Ketchup On..."

How many servings of fruits and vegetables do you need every day? Have children keep a food journal to see if they're eating all their fruits and veggies.

Ask children to collect seeds from different fruits they eat, such as apples, oranges, avocados, etc. Plant these and observe.