

Fun Songs About Nutrition

Objective: This series of songs was created by Food Service Director, Sandy Lewis and Dr. Carl Winter to create a connection between students and the food service program, otherwise known as the cafeteria. This medley was performed in the school talent show by the school lunch staff. The whole medley is choreographed and the staff were dressed in fruit and vegetable costumes. This skit could also be used by a classroom.

VEGGIE MEDLEY

Sung to the tune of "Who Let the Dogs Out?" by the Baha Men

(start after yippee-hi-oh)
Who left the meat out?
WHO WHO WHO WHO WHO
Who left the meat out?
WHO WHO WHO WHO WHO
Who left the meat out?

STAYING ALIVE

Sung to the tune of "Staying Alive" by the Bee Gees

(count 16 beats)
Well you can tell by the way I choose my food
I'm a worried guy in a cautious mood
There are pesticides, Mad Cow Disease
Sure don't put my mind at ease
Don't want hepatitis or gastroenteritis
I'm just staying alive, staying alive
Scrubbin' off my veggies and heatin' all my
burgers up to 185, 185
Ah ah ah ah staying alive, ah ah ah ah staying
alive...

I WANNA HOLD YOUR HAND

Sung to the tune of "I Wanna Hold Your Hand" by the Beatles

Oh yeah I'll tell you something
I think you'll understand
For the sake of sanitation
You better wash your hands
You better wash your hands
You better wash your hands

I WILL SURVIVE

Sung to the tune of "I Will Survive" by Gloria Gaynor

I'd listen to the news, I'd be petrified
Another foodborne illness outbreak
I'd be torn up inside
But then I spent so many nights
Worried 'bout what I just ate,
Could I be next?
Did I have poisons on my plate?
But now I'm back from cyberspace
Determined I won't be another foodborne
illness case
I've learned some simple steps
To keep my food all safe for me
And if you do the same, you'll raise your
life expectancy

I've got a sign on my fridge door
Saying go away bacteria—you're not welcome
anymore
Listeria don't scare me, nor does Nasty E-Coli
Hey Salmonella—did you think I'd lay down
and die?

Oh no not I—I will survive
As long as I am careful with my food I'll stay
alive
I've got all my safety plans, I disinfect and
wash my hands
And I'll survive, I will survive, Hey hey...

(Continued on other side)



BEAT IT

Sung to the tune of "Beat It" by Michael Jackson

(4 lines)

Why must you be such a sickly young man
Existing on granola and on powdered bran
I'll give you some advice cause you need a better
plan
Just eat it, just eat it
Don't want to argue, I don't want to debate
I just don't think your food fears really carry
weight
What bothers me more is what's left on your plate
—so eat it
Don't tell me your scared
Just eat it, just eat it...

(verse)...DANCE

Just eat it, eat it, just eat it
Just eat it, eat it, just eat it

I'M A BELIEVER

Sung to the tune of "I'm a Believer" by The Monkees

When I was young I stayed away from vegetables
They were meant for someone, but not for me
Veggies couldn't taste good, that's the way it
seemed
Whether they were stir fried, raw or steamed

But then I had a taste, now I'm a believer
Didn't leave a trace of greens on my plate
I was wrong—ooh, I'm a believer
A veggie eater from now on

ICE ICE BABY

Sung to the tune of "Ice, Ice Baby" by Vanilla Ice

Alright stop
It's time to eat, so listen
Rice is back here to help your digestion
Ask Mom, she can cook it up nicely
Extra bread, no instead use brown rice B
Jam packed with some good carbohydrates
Energy? Rice will set you straight

You've got a starch problem
Yo, I'll solve it
Check out some rice rice baby
Eat some brown rice rice baby

Rice rice baby
Eat some brown rice baby...
...WORD TO YOUR MOTHER...

YMCA

Sung to the tune of "YMCA" by The Village People

Young man, get your butt off that chair
I said young man, go and get some fresh air
I said young man, just put down that fried dough
Get up, get out, this you should know

Young girl, you just stop sitting there
With that blank and boring long stare
I said young girl, go and get your suit on
You're about to have some great fun

It's fun to swim at the YMCA
It's fun to swim at the YMCA

JUMP AROUND

Sung to the tune of "Jump Around" by House of Pain

Jump around Jump around
Jump around
Jump around Jump around

WHIP IT

Sung to the tune of "Whip It" by Devo

(1 line)
If you see a candy bar, you must skip it
If you have some H₂O, you must sip it
If the cream is in the jar, you must whip it
If you see a tether ball, you must tip it

Now whip it... into shape
Shape it up... get straight... go for it
Move ahead... try to detect it
It's not too late ... to whip it
Whip it good

