

9. Food

Words and Music by Hap Palmer

You need food and I need food,
All the creatures on earth need food!
Not just one kind, not just two,
But many different kinds of food!

Vegetables make a tasty treat
Grains and beans are great to eat.
Fruit from a tree, fish from the sea
Variety, now, that's the key
Broccoli, carrots, fresh tomatoes
Oranges, onions, sweet potatoes
Peaches, plums and nectarines
Spinach, squash and tangerines

You need food and I need food,
All the creatures on earth need food!
Not just one kind, not just two,
But many different kinds of food!

Apples, apricots, pears and cherries
Yogurt, yams, bananas and berries
Watermelon, eggplant, cottage cheese
Chicken, turkey and black-eyed peas
Cantaloupe, corn, kale, and kiwi
Mangoes, mushrooms, beets, zucchini
Rice, oats, barley, wheat
Milk, eggs, nuts and meat

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All the creatures on earth need food!
Not just one kind, not just two,
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Painting by Kayla

A joyful 50's rock style tune takes on the challenge of making healthy food choices appealing to children. Listeners are encouraged to savor a rich variety of foods that offer a full range of nutrients. The rhythmic rhymes show the many possibilities for replacing high fat and sugar snacks with fruits, vegetables, and whole grains.

You can do the following motions with the chorus:

You need food - Point away from yourself

And I need food, - Point toward yourself

All the creatures on earth need food - Make a large circle with your arms to show the whole world.

Not just one kind – hold up one finger

Not just two – hold up two fingers

But many different kinds of food! – Hold hands high and wiggle all your fingers

Each person can hold a card with a picture of a food from the lyric of this song and stand when the food is called.

Follow up 1: *The foods named in this song emphasize single ingredients. They could be combined to make another food. For example, you could use tomatoes, carrots, spinach, and kale to make a salad. Also, you could use meat, buns (made from wheat), tomatoes and onions to make a hamburger. Can you think of other foods that can be made with the ingredients named in this song? (Examples: soup, stew, casserole, omelet.)*

Follow up 2: *Think of a food that was not named in this song? (Examples: avocado, figs, bok choy, lentils, cabbage, lemons, turnips, collard greens, Brussels sprouts, okra, grapes). Make your own list of foods. Use the instrumental version of this song to sing your list of favorite nutritional foods.*

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