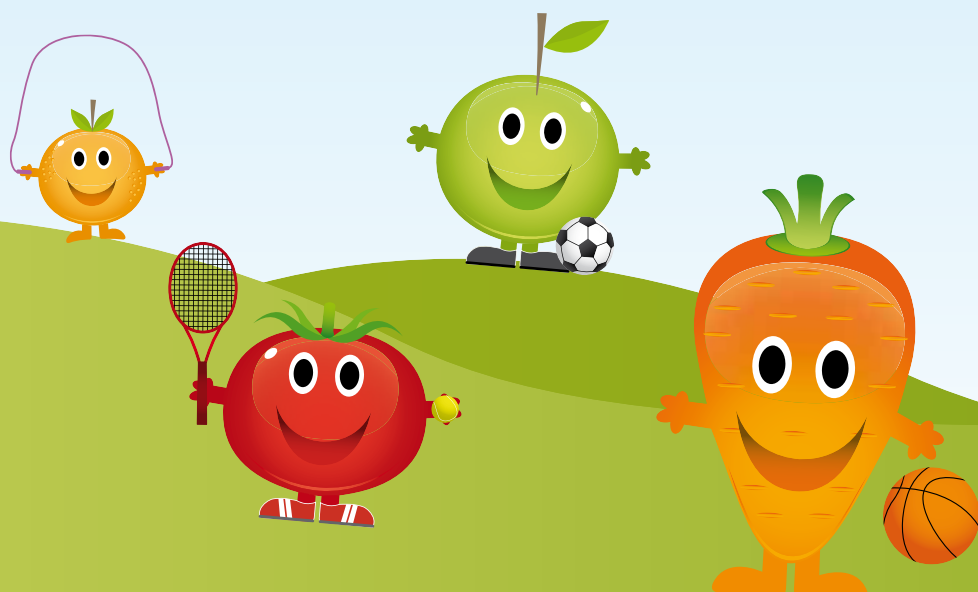




SONG BOOK

Songs on the Munch & Move Music CD



Health

Songs on the Munch & Move Music CD

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1. MUNCH & MOVE

Rationale: This song is the theme song for the Munch and Move program. It is short and jazzy and introduces the themes of 'munch on fruit and vegetables' and 'move your body to keep fit and healthy'. Children could perform one body percussion action for the first verse, a different body percussion action for the second verse and flex their arm muscles for the remainder of the song.

Key Messages: Eat more fruit and vegetables
Get active each day

MUNCH & MOVE

Sung by singer

It's fun to munch and move
It's fun to munch and move

So whatever you munch
Make it a bunch of healthy food
Healthy food (sung by children)

It's fun to munch and move
It's fun to munch and move
So whenever you move
Get into the groove and move, move, move
Move, move, move (sung by children)

Spoken by child

Munch on fruit and vegetables
Drink water every day
Move your body to keep fit and healthy
Get up and get active

Sung by children

Munch and move
Munch and move
Munch and move



2. I LOVE TO MOVE

Rationale: This dance helps children to explore different ways they can move their body. Children will perform the locomotor skills of marching, galloping and side-sliding. Children will also shake their body. In the verses beginning 'I love to move...' children can choose to move however they like or they can copy an action that the teacher performs. Children will learn that moving their body is fun!

Key Message: Get active each day

I LOVE TO MOVE

I love to move (clap, clap), I love to move (clap, clap)
I love to move everyday
My healthy body can move in many different ways

I love to move (clap, clap), I love to move (clap, clap)
I love to move everyday
I love to move my body in so many different ways

I can march, march around
Lift my feet high off the ground (Instrumental)
Marching is fun!

I can slide, to the side
Step and slide to the side (Instrumental)
Sliding is fun!

I can gallop, like a horse
Galloping very fast of course (Instrumental)
Galloping is fun!

I can shake my body, all about
Shake my arms in and out (Instrumental)
Shaking is fun!

I love to move (clap, clap), I love to move (clap, clap)
I love to move everyday
My healthy body can move in many different ways

I love to move (clap, clap), I love to move (clap, clap)
I love to move everyday
I love to move my body in so many different ways

I love to move!



3. WARM UP SONG

Rationale: This is a movement song that children perform standing in one spot. It incorporates a combination of twisting, stretching, bending, running, jumping and hopping movements. There will be an instrumental line in between each line of lyrics so that children will have enough time to perform each action.

The sequence of actions flow easily. Actions can be performed one at a time or to make the song more challenging, two actions could be performed at the same time. For example, in the first two lines children could start by twisting their body from side to side then continue to twist with their arms stretched out wide. They could also roll their wrists while they bend their knees and then roll their shoulders while they stamp their feet.

Key Message: Get active each day

WARM UP SONG

Twist your body from side to side – twist, twist, twist
Stretch your arms out really wide
Spin around on the spot
Now hop..... and stop

Roll your wrists in front of you – roll, roll, roll
Bend your knees that's what we'll do
Roll your shoulders round and round – roll, roll, roll
Stamp your feet on the ground

Be a star, jump in and out
Shake your body all about – shake, shake, shake
Run on the spot - here we go
Faster, faster, faster ... now slow

Twist your body from side to side - twist, twist, twist
Stretch your arms out really wide
Spin around on the spot
Now hop and stop



4. WATER, WATER, WATER

Rationale: This song is intended to encourage children to choose water as a drink. It is a good song to play at morning or afternoon tea or at group time. Some simple actions could be included such as children mimicking turning on a tap, pouring from a cup and sipping from a bottle.

Key Message: Choose water as a drink

WATER, WATER, WATER

If you're feeling thirsty and you need a drink
Take the time to stop and think
Choose water 'cause it's good for you
That is all you have to do

CHORUS

*Water, water, water, water
Drink it up
Turn on the tap, pour it in a cup
Sip it from a drink bottle too
Water is so good for you*

Water is refreshing and it tastes great too
It is the best choice for you
Water helps you to run and play
So you can have a happy day

CHORUS

If you're feeling thirsty and you need a drink
Take the time to stop and think
Choose water 'cause it's good for you
That is all you have to do

REPEAT CHORUS x 2



5. LET'S ALL MOVE TOGETHER

Rationale: This is an action song incorporating the locomotor skills of jumping, galloping, leaping, hopping and dancing. Each of these actions are performed for an entire verse. The additional intention of this song is to engage mums and dads to perform these actions with their children by saying "I can do this ... you can do this ... let's do this together!"

Key Message: Get active each day

LET'S ALL MOVE TOGETHER

I can jump like a kangaroo
I can jump, so can you
We can jump like a kangaroo
We can jump, jump, jump together

I can gallop, watch what I can do
I can gallop, so can you
We can gallop around the room
We can gallop together

I can leap like a lion too
I can leap, so can you
We can leap like a lion too
We can leap, leap, leap together

I can hop, watch what I can do
I can hop, so can you
We can hop around the room
We can hop, hop, hop together

I can dance like a monkey in the zoo
I can dance, so can you
We can dance like a monkey in the zoo
We can dance together



6. SLIDING

Rationale: This song focuses on encouraging children to practise the locomotor skill of side-sliding. Children practise this skill whilst pretending to be a sailing boat, a little crab and then an active child. Each of these items is representative of something that can slide from one side and back again. During each verse, children stand on one spot performing appropriate movements to represent the topic of each verse. During the chorus, children side-slide four steps one way then four steps the other way which is repeated a second time.

Key Message: Get active each day

SLIDING

I love to be a sailing boat
Sailing on the sea
And when the wind comes
I'll sail away, come and sail with me

CHORUS

Sliding, sliding, sliding, slide together
(Sliding instrumental)
Sliding, sliding, sliding, slide together
(Sliding instrumental)

I love to be a little crab
Side stepping on the sand
Sometimes I step in water
And sometimes I step on land

CHORUS

I love to be a child
And slide from side to side
I slide to the left
I slide to the right

CHORUS

7. FRUITY TREAT

Rationale: This song reinforces the message that fruit tastes delicious and that it is good for you. Children could perform body percussion to this song by simply tapping their knees for the first verse, pretending to peel fruit for the second verse and pretending to cut fruit into slices for the third verse. Alternatively children could eat fruit whilst this song is played at morning tea or lunch time.

Key Message: Eat more fruit and vegetables

FRUITY TREAT

I love eating fruit - it's as tasty as can be
Oranges, apples, bananas too
Oh they are so good for you
So eat, eat, eat, a fruity, fruity treat
Fruit in my tummy is sweet and yummy
It's what I love to eat

I love peeling fruit - it's as easy as can be
Peel a banana or a mandarin
Then eat the fruit inside the skin
So eat, eat, eat, a fruity, fruity treat
Fruit in my tummy is sweet and yummy
It's what I love to eat

I love eating fruit that is cut into a slice
Apples, watermelon, rockmelon too
I'll have a slice of fruit with you
So eat, eat, eat, a fruity, fruity treat
Fruit in my tummy is sweet and yummy
It's what I love to eat

Child spoken

Strawberries, kiwifruit, blueberries, pineapples
grapes, mangoes, peaches and plums
I love eating fruit!



8. MY LUNCHBOX

Rationale: This song will encourage children to enjoy having healthy food in their lunchbox. It provides ideas of healthy food they could have for lunch and snacks and teaches them that healthy food will help them to grow.

Key Messages: **Eat fewer snacks and select healthier snack alternatives**
Eat more fruit and vegetables

MY LUNCHBOX

CHORUS

*My lunchbox, my lunchbox
What would I like in my (clap) lunchbox?
Healthy food that will help me to play
I would like healthy food today*

A tasty sandwich with salad and cheese)
Yoghurt and fruit – “Oh yes please!”) echo each line
Just what I love to eat for lunch)
Healthy food is what I love to munch)

CHORUS

A tuna sandwich and a plum)
Vegetable sticks – “Oh yum yum!”) echo each line
Healthy food that will help me to grow)
Healthy food is the way to go)

CHORUS x 2

I love healthy food in my lunchbox “THANKS” (children’s voice)

9. TWIST, BALANCE, SHAKE & RUN

Rationale: In this dance, children will practice the stability skills of twisting their body and balancing on one leg, on both feet and on their tip toes. To reinforce other ways of moving their body, children will shake their body and perform the locomotor movement of running.

Key Message: Get active each day

TWIST – BALANCE – SHAKE – RUN

Let's twist, oh let's twist
Twisting is fun, come on everyone
Come and twist with me
Now twist your body from side to side
Twist up high
Twist down low
Turn around and here we go

Let's balance, oh let's balance
Stand on one leg, try not to fall
Stand on both feet, stretch up tall
Stand on tippy toes, balance carefully
Balancing is lots of fun for me

Let's shake, oh let's shake
Shaking is fun come on everyone
Come and shake with me
Now shake your leg out to the side
Shake your other leg out wide
Shake your arms and shake your belly
Shake your body like a bowl full of jelly

Let's run, oh let's run
Running is fun come on everyone
Come and run with me
Now run fast
Run slow
Moving your body is fun you know

Now twist – balance –shake -run
Moving your body is fun ... Yeah!



10. SUPER ME!

Rationale: This is an action song which incorporates the locomotor skills of hopping, running, leaping and jumping. The additional intention of this song is to encourage children to eat vegetables.

Key Messages: Eat more fruit and vegetables
Get active each day

SUPER ME!

Super Me
I ate my carrots for tea
Now I have extra energy
To hop on one leg
Hop really high
Hop, hop, hop, hop
Hop to the sky

Super Me
I ate my broccoli for tea
Now I have extra energy
To run really fast
Run all around
Run, run, run, run
Run on the ground

Super Me
I ate my corn for tea
Now I have extra energy
To leap like a lion
Stretch out long
Leap, leap, leap, leap
Leap to this song

Super Me
I ate my vegetables for tea
Now I have extra energy
To jump up and down
Jump on the spot
Jump, jump, jump, jump
Jump 'til I'm hot

SUPER ME!



11. WHERE WE GO SHOPPING

Rationale: This song focuses on children going to the supermarket to do the grocery shopping with their family. The theme is grouping foods into 'families' with a focus on dairy, fruit and vegetables. Teachers could set the classroom up like a supermarket and children could pretend they are having a shopping experience. During the chorus of this song children could walk from one table to the next as if they are walking around the supermarket. During the verses, children stand in front of the appropriate table and either look at the foods being sung about or they could put these foods into their shopping basket.

Key Messages: Eat fewer snacks and select healthier snack alternatives
Eat more fruit and vegetables

WHERE WE GO SHOPPING

I like to shop with my family
There are so many things for us to see
The food is grouped into families
Where we go shopping

The dairy family live
Where it is nice and cold - in the fridge
There is cheese, milk and yoghurt too
Dairy food is good for you

CHORUS

*I like to shop with my family
There are so many things for us to see
The food is grouped into families
Where we go shopping*

The fruit family are sweet
Their colours and shapes are so neat
Some are big and some are small
I love to eat them all - yum, yum



CHORUS

The vegetable family are great to see
I'll buy some to eat for lunch and tea
Some are long and some are round
Lots of vegetables grow in the ground

CHORUS

12. TURN OFF THE TV

Rationale: This song is intended to remind children to limit their small screen time and to give them ideas of physical activities they could be enjoying. The information in this song could also be used to stimulate discussions about small screen time and active time.

Key Messages: Turn off the television and computer
and get active
Get active each day

TURN OFF THE TV

(Siren Sound) "WARNING: TURN OFF THE TV AND GET ACTIVE,
WARNING: TURN OFF THE COMPUTER AND GET ACTIVE"

Hey boys and girls don't sit for too long
Your body needs to move so that you can grow strong
Moving helps your heart, bones and muscles too
Getting active is what you need to do

CHORUS

*So turn off, turn off the TV
Turn off your computer too
Get up, get up and get active
Give your body time to move*

You can bounce a ball and run around
You can play chasings or jump up and down
Be active on your own or be active with your mates
Moving your body will make you feel great

CHORUS

You can walk a dog or play in a park
You can ride a bike or move however you like
Be as active as you can don't hide behind a screen
Be a strong and active healthy human being
A strong and active healthy human being

REPEAT CHORUS x 2



13. PICNIC DAY

Rationale: The intention of this song is to take children on an experience of a picnic day. This song gives children ideas about what food, drinks and items they could take to a picnic.

Key Messages: **Choose water as a drink**
 Select healthy snack foods
 Get active each day

PICNIC DAY

Today is a picnic day
Hooray for a picnic day
Today we can eat and play
We'll have fun together

I'll pack some healthy food
I'll pack some water too
My sunscreen and hat
My ball and my bat

Let's drive to the picnic now
With my friends and family – wow!
Let's go to the park
Where we can play and laugh (ha ha)

I'll kick a ball to you
I'll bounce and catch it too
I'll run around a tree
With friends and family

Let's eat a yummy lunch
With fruit for us to munch
Let's eat a sandwich too
And drink some water - it's good for you!

I'll go for a walk
Where we can laugh and talk
And I'll play with my friends
Until the day ends

Today is a picnic day
Hooray for a picnic day
Today we ate and played
We had fun together

We had fun together.



14. BOUNCE THE BALL

Rationale: This song focuses on encouraging children to practise manipulative skills. The skill in this song is bouncing a ball and it is intended that children try to bounce a ball throughout the entire song. Bouncing a ball was the skill chosen as it can be performed individually and close to the child's body.

Key Message: Get active each day

BOUNCE THE BALL

I have a ball, it is nice and round
I can bounce it on the ground
I push it down it bounces back to me
Bouncing a ball is fun you'll see

Let's bounce ___ ___ ___
Let's bounce ___ ___ ___
Let's bounce ___ ___ ___
Let's all bounce the ball

Let's bounce ___ ___ ___
Let's bounce ___ ___ ___
Let's bounce ___ ___ ___
Let's all bounce the ball

The ball is bouncing up and down
Between my fingers and the ground
I push it down with my finger tips
Then it bounces back up to my hips

Let's bounce ___ ___ ___
Let's bounce ___ ___ ___
Let's bounce ___ ___ ___
Let's all bounce the ball

Let's bounce ___ ___ ___
Let's bounce ___ ___ ___
Let's bounce ___ ___ ___
Let's all bounce the ball



15. MESSAGES IN THE MAIL

Rationale: This song focuses on reinforcing the five key messages of the Munch and Move program. The concept is that the postman has delivered five letters. Each letter contains a message for the children. Teachers could have five colourful envelopes with pictures inside them or with pictures on the cover of each envelope to reinforce the messages conveyed within this song.

Key Messages: All

MESSAGES IN THE MAIL

1 2 3 4 5

The postman put 5 letters
In my letterbox
I'll have a look and see
Wow! They're all addressed to me

Letter number 1, looks like lots of fun!
I'll open it and see, it has a question for me
What healthy food will you eat today
to help your body work and play?
(Children shout out names of different fruit and vegetables)

Letter number 2, a new message for you
Drink lots of water
It's the best drink for you

Letter number 3, has a great tip for me
The message is simple:
Get up and get active, watch less TV

Letter number 4, let's do more
Move, move, move your body
Run, run, run on the spot
Move, move, move your body
Move then stop

Letter number 5, the last message for me
When you snack between meals
Make your snacks ... healthy!

If I want a healthy body I know what I should do
I'll eat fruit and vegetables and drink water too
I'll watch less TV and get active every day
I'll eat healthy snacks – it is the healthy way, hey!

