

Happy Tunes for Healthy Snacks

As the children are singing the songs, hold up the particular food item that should go in the (food) blanks. Better yet, have the children stand in a circle, giving each child a food item that they will hold up for the group to see (and sing about) when it's their turn.

With the *Mary Had a Little Lamb* tune, call out the name of a child in the group just before each verse begins; that will be the child's cue to hold up his/her food, and it will tell the rest of the group whose name they should sing. If the children are a little older, try singing the *Row, Row, Row* and *Frère Jacques* songs in rounds. They go great together!

To the tune of *Row, Row, Row Your Boat*

Have a healthy snack
When you get hungry.
(food), (food), (food), (food)
Sure looks good to me!

To the tune of *Frère Jacques (Are You Sleeping, Brother John?)*

Are you hungry?
Are you hungry?
Yes, I am!
Yes, I am!
Have a healthy snack, then.
Maybe have some/a (food)
Yum, yum, yum.
Yum, yum, yum.

To the tune of *If You're Happy and You Know It*

If you're hungry and you know it,
Have some (food). [clap, clap]
If you're hungry and you know it,
Have some (food). [clap, clap]
If you're hungry and you know it,
Have a snack that keeps you
healthy.
If you're hungry and you know it,
Have some (food).

To the tune of *Mary Had a Little Lamb*

(Name) had a healthy snack.
Yummy snack, yummy snack.
(Name) had a healthy snack.
His/her favorite snack was (food).



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