

# 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

(pause...1 line)

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 H<sub>2</sub>O, 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

