



# 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!

