

Old McDonald Had A Farm

Animals aren't the only things raised on farms. Most of our fruits and vegetables are grown on farms. This simple lesson uses the "Where Does It Grow?" set of cards from the "Color Me Healthy" kit, along with a variation of the well-known children's song to remind children that farms are the source of many of our best loved foods.

CODE: Low activity level

PROPS:



Where Does It Grow? card set from the "Color Me Healthy" kit (or any other set of food pictures or models)

ACTION:

1. Sing "Old McDonald" with a small group of children but substitute fruits and vegetables for the animal names that are usually sung in the song. The words "yum, yum" are used instead of the animal sounds.
2. Option A: Have children think of foods they want to sing about.

Option B: Using play fruits and vegetables, have children take turns picking and holding up a fruit or vegetable at the beginning of each verse. Sing the name of the chosen food in that verse. Optional: Using the *Where Does It Grow?* cards

3. As children say each "yum, yum" in the song, add a tummy rubbing hand movement to show that they like eating the healthful food.



*Old McDonald had a farm, E-I-E-I-O.
And on his farm he had some beans, E-I-E-I-O.*

*With a yum-yum here, and a yum-yum there,
Here a yum, there a yum, everywhere a yum-
yum.*

Old McDonald had a farm, E-I-E-I-O.