Old MacDonald's Heart-Healthy Farm Song

Review with children the food groups and the kinds of foods found in each group.

Choose a food group and have children name a food from that group. Then ask them to sing “Old MacDonald” using the name of the food they chose and appropriate descriptive words. For example, if you chose the fruits and vegetables category and children named carrots, the song might go as follows:

Old MacDonald had a farm,  
E-i-e-i-o,  
And on this farm he had some carrots,  
E-i-e-i-o,  
With a crunch, crunch here,  
And a munch, munch there,  
Here a crunch, there a munch,  
Everywhere a crunch, munch,  
Old MacDonald had a farm,  
E-i-e-i-o.

Other possibilities are

1. (category) fruits and vegetables; (food) orange juice; (descriptive words) squish, swish; and
2. (category) breads, cereals, pasta and starchy vegetables; (food) noodles; (descriptive words) jiggle, wiggle.