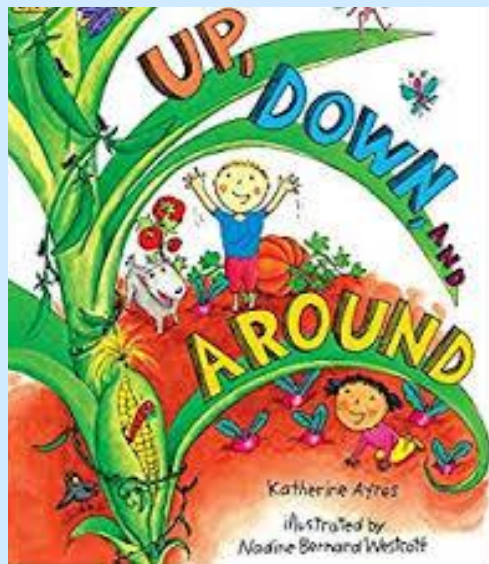


UP, DOWN, AND

AROUND

by: Katherine Ayres



SONG

The Vegetable Song

(Tune: "Twinkle, Twinkle Little Star")

Carrots, Peas, and Broccoli,
Vegetables are good for
me.

For my snack and in my
lunch,

Veggie sticks are great to
munch.

Carrots, Peas, and Broccoli,
Vegetables are good for
me.

CRAFTS

Make vegetable prints using paint and real vegetables. Cut up zucchini, potatoes, carrots and apples and let your child use them to paint with. You can even cut out designs with the softer vegetables to make shape stamps.



Make a Real Mr. Potato Head

