



Music

“Crunch Salad Rap”

Feel free to freestyle and “add” whatever you want to your salad! Sing part of the song or the whole thing. Make sure to add movements!

(Sing to the tune: “Peanut Butter & Jelly” by Greg and Steve)

We’re making, making crunchy salad.

We’re making, making crunchy salad.

First you take the peas and you pick ‘em, you pick ‘em,
you pick ‘em, pick ‘em, pick ‘em!

(picking motion)

We’re making, making crunchy salad.

We’re making, making crunchy salad.

Next you take the lettuce and you shred it, you shred it,
you shred it, shred it, shred it!

(shredding motion)

We’re making, making crunchy salad.

We’re making, making crunchy salad.

Now you take the carrots and you cut ‘em, you cut ‘em,
You cut ‘em, cut ‘em, cut ‘em!

(cutting motion)

We’re making, making crunchy salad.

We’re making, making crunchy salad.

Then you take the veggies and you wash ‘em, you wash ‘em,
You wash ‘em, wash ‘em, wash ‘em!

(scrubbing motion)

We’re making, making crunchy salad.

We’re making, making crunchy salad.

Now you take the fork and you eat it, you eat it,
you eat it, eat it, eat it!

(eating motion)

Mmmm, mmmmmmm, mmmmmmmmm! Delicious!

(rub stomach)

