

**Jay Mankita (USA)**

**Track 1 – “Eat Like a Rainbow”**

(English)

I like to eat like a rainbow  
Builds my body and it makes my brain grow  
Helps my heart beat and my blood flow  
I like to eat like a rainbow

I like to eat like a rainbow  
Builds my body and it makes my brain grow  
Helps my heart beat and my blood flow  
I like to eat like a rainbow  
I like to eat like a rainbow

Red, orange, yellow, and green,  
The tastiest colors I've seen  
I like to eat food that's purple and blue  
'Cause colorful foods are healthier too

I like to eat like a rainbow  
Builds my body and it makes my brain grow  
Helps my heart beat and my blood flow  
I like to eat like a rainbow

I like to eat like a rainbow  
Builds my body and it makes my brain grow  
Helps my heart beat and my blood flow  
I like to eat like a rainbow  
I like to eat like a rainbow

Colorful food makes a colorful meal  
And that really colors the way that I feel  
I'm livin' in a colorful way  
I eat like a rainbow every day  
I'm livin' in a colorful way  
I eat like a rainbow every day

Colorful sunsets, and colorful jokes  
Colorful flowers, colorful folks  
Colorful shirts, colorful pants  
I eat from the rainbow of colorful plants  
Colorful shirts, colorful pants

I eat from the rainbow of colorful plants  
I like to eat like a rainbow  
Builds my body and it makes my brain grow  
Helps my heart beat and my blood flow  
I like to eat like a rainbow

I like to eat like a rainbow  
Builds my body and it makes my brain grow  
Helps my heart beat and my blood flow  
I like to eat like a rainbow

**Pascal Parisot (France)**

**Track 2 – “Mes Parents Sont Bio”**

(Français/French)

Mes parents sont bio bio bio bio bio  
Ne mangent que du bio bio bio bio bio  
Ne boivent que du bio bio bio bio bio  
Ne jurent que par bio

Chez nous tout est bio bio bio bio bio  
Le sel il est bio bio bio bio bio  
La poêle elle est bio bio bio bio bio  
Y’a rien qu’est pas bio

Mon père c’est Bioman  
Et ma mère, ben c’est sa femme  
Ensemble ils sont bio bio bio bio bio bio bio bio bio

Seulement voilà, en plus de ça  
Ils cuisinent tout à la vapeur  
Y’a même plus un morceau de beurre  
Et moi je rêve d’un hamburger

Mes parents sont bio bio bio bio bio  
N’achètent que du bio bio bio bio bio  
Ne parlent que de bio bio bio bio bio  
Ne prient que pour bio

Leurs amis sont bio bio bio bio bio  
Quand ils se voient, “bio bio bio bio bio”  
C’est à celui qui... “bio bio bio bio bio”  
Sera le plus bio.

Mon père c’est Bioman  
Marié à Biowoman  
Ensemble ils sont bio bio bio bio bio bio bio bio bio

On mange des blettes  
Ou bien des bettes « c’est la même chose ! »  
Soit disant que c’est plein d’vitamines  
Moi j’irais bien en prendre ailleurs  
Par exemple dans un hamburger...mais...

A la maison bio bio bio bio bio  
Même les rats sont bio bio bio bio bio  
Même les claques sont bio bio bio bio bio  
Tout l’monde il est bio.

**“My Parents Are Organic”**

(English)

My parents are organic organic organic organic organic  
They only eat organic organic organic organic organic  
They only drink organic organic organic organic organic  
They only swear by organic

At our house everything’s organic organic organic organic  
The salt is organic organic organic organic organic  
The frying pan is organic organic organic organic organic  
There’s nothing that isn’t organic

My father is Organic Man  
And my mother, well, she’s Organic Woman  
Together they are organic organic organic organic organic  
Organic organic organic organic

Only there you have it, there’s more than that  
They steam everything  
There’s not even a morsel of butter left  
And I dream of a hamburger

My parents are organic organic organic organic organic  
They only buy organic organic organic organic organic  
They only speak organic organic organic organic organic  
They only ask for organic

Their friends are organic organic organic organic organic  
When they see each other, “organic organic organic organic”  
It’s he who... “organic organic organic organic organics”  
Will be the most organic

My father is Organic Man  
Married to Organic Woman  
Together they are organic organic organic organic organic  
Organic organic organic organic

We eat beets  
Or rather swiss chard “*but it’s the same thing!*”  
Supposedly they’re full of vitamins  
Me, I would rather get them elsewhere  
For example, in a hamburger...but...

At the organic organic organic organic organic house  
Even the rats are organic organic organic organic organic  
Even the spansks are organic organic organic organic organic  
All the world is organic  
All the world is organic

**Jose Conde y Ola Fresca (Cuba/USA)**  
**Track 3 – “Bolitas de Arroz con Pollo”**

(Español/Spanish)

Arroz con pollo en bolas  
Bolitas de arroz con pollo  
Arroz con pollo en bolas  
Bolitas de arroz con pollo

El pollito, asadito  
Con su yuquita y su mojito,  
Es sabroso, calientico,  
Y rico para ti

Arroz con pollo en bolas  
Bolitas de arroz con pollo  
Arroz con pollo en bolas  
Bolitas de arroz con pollo

Tú vas a decir, “¡Ay, que rico!”  
Cuando tú pruebes mi plato  
Yo te lo traigo aquí, calientico  
Y rico para ti

Sabroso que esta

Bolitas de arroz con pollo en tu plato  
(Esto sí que está bien exquisito)  
Y todo empieza con sofrito  
(Esto sí que está bien exquisito)  
Y por allí yo escucho un mambo  
(Esto sí que está bien exquisito)  
Eh, toca el mambo, Igor, con el piano  
(Esto sí que está bien exquisito)

Arroz con pollo en bolas  
Bolitas de arroz con pollo  
Arroz con pollo en bolas  
Bolitas de arroz con pollo  
Arroz con pollo en bolas  
Rico para ti

**“Rice Balls with Chicken”**

(English)

Rice with chicken in little balls  
Little balls of rice with chicken  
Rice with chicken in little balls  
Little balls of rice with chicken

The chicken, roasted  
With cassava and marinade,  
Is tasty, hot  
And delicious for you

Rice with chicken in little balls  
Little balls of rice with chicken  
Rice with chicken in little balls  
Little balls of rice with chicken

You will say, “It’s so delicious!”  
When you taste this dish  
I bring it here, hot  
And delicious for you

It’s so yummy

Little balls of rice with chicken on your plate  
(Yes, this is really delicious)  
And everything starts with *sofrito*<sup>1</sup>  
(Yes, this is really delicious)  
And over there, I hear a little mambo beginning.  
(Yes, this is really delicious)  
Hey, play that mambo, Igor, on the piano  
(Yes, this is really delicious)

Rice with chicken in little balls  
Little balls of rice with chicken  
Rice with chicken in little balls  
Little balls of rice with chicken  
Rice with chicken in little balls  
Delicious for you

<sup>1</sup> *Sofrito* is the word for the first, most basic ingredient in many Cuban meals. It is made of onions, garlic, tomatoes, and herbs cooked together in a pot.

**Asheba (Trinidad)**

**Track 4 – “Ice Cream”**

(English)

Coconut, mango, chocolate, vanilla  
Strawberry, tangerine, barbardine, banana  
Guava, pineapple, soursop, and kiwi  
Peanut, raisin, prunes and dates  
All kind of flavor for you now to taste

Ice cream, you scream  
Everybody screaming,  
Ice cream, ice cream  
Ice cream, you scream  
Everybody screaming,  
Ice cream, ice cream

Make you happy when you feeling sad  
Got ice cream, then you must be glad  
Eat it with cake, pies, sweetbread or cookies  
But don't eat it too fast  
Or you might just end up with a brain freeze

Ice cream, you scream  
Everybody screaming,  
Ice cream, ice cream  
Ice cream, you scream  
Everybody screaming,  
Ice cream, ice cream

Get it from the cart or in the parlor  
Home-made style can't be better  
If the weather cold and freezing or hot and sticky  
In the night or day  
All over the world, hear the people say

Ice cream, you scream, everybody screaming,  
Ice cream, you scream, everybody screaming,  
Ice cream, you scream, everybody screaming  
Ice cream, ice cream, ice cream, ice cream

**Franck Monnet (France)**

**Track 5 – “Goûtez-les”**

(Français/French)

Ces melons  
Ces poires  
Tous ces bons fromages  
Ces épices—  
Goutez-les

Ces fraises  
Ces bananes  
Et ce chocolat  
Ces caprices  
Goutez-les

Au pays mystérieux de Malidor  
Quand il y en a plus  
Il y en a encore

Quand il y en a plus  
Il y en a encore

Quand il y en a plus  
Il y en a encore

Au pays mystérieux de Malidor

Quand il y en a plus  
Il y en a encore

**“Taste Them”**

(English)

These melons  
These pears  
All these good cheeses  
These spices—  
Taste them

These strawberries  
These bananas  
And this chocolate  
These whims  
Taste them

In the mysterious country of Malidor  
When there’s no more  
There’s more

When there’s no more  
There’s more

When there’s no more  
There’s more

In the mysterious country of Malidor

Quand il y en a plus  
Il y en a encore

## Safari (Denmark)

### Track 6 – “Peberpelikan”

(Dansk/Danish)

På Tobago der bor en Pelikan  
Den flyver rundt og fisker hele dagen  
For fisk er det som Pelikaner bedst kan li'  
Det lærde den som lille af dens mor fordi, hun sagde:

Fisk det er godt, fisk det er sundt  
Husk af spise fisk hele året rundt  
Fisk det er godt, fisk det er sundt  
Husk af spise fisk hele året rundt

Sa en dag mødte den en peberfugl  
Som pelikanen syntes var rimelig cool  
For peber det er peberfuglens bedste mad  
Det gør den stærk og sund og også rigtig glad. Den sagde:

Spice it up, det er hot  
Peber det er sundt for både sjæl og krop  
Spice it up, det er hot  
Peber det er sundt for både sjæl og krop

Nu bor de sammen i den samme rede  
Og synes begge to de er så glade  
De spiser peber og de spiser dejlig fisk  
Og ved du hvad ved du hvad jeg hørte sidst?

At der var kommet unger fra de to  
Og folk de matte stoppe op og glo  
For i reden lå en peber-pelikan  
Der spiste fisk og peber hele dagen ja ja

Fisk det er godt, fisk det er sundt  
Husk af spise fisk hele året rundt  
Spice it up, det er hot,  
peber det er sundt for bade sjæl og krop

Fisk det er godt, fisk det er sundt  
Husk af spise fisk hele året rundt  
Spice it up, det er hot,  
peber det er sundt for bade sjæl og krop

### “Pepper-pelican”

(English)

On Tobago there lives a pelican  
It flies about and fishes all day long  
Because fishing is what pelicans like best  
It learns it as a little one from its mom because:

Fish it is good, fish it is healthy  
Remember to eat fish all year around  
Fish it is good, fish it is healthy  
Remember to eat fish all year around

Then one day it met a pepperbird  
The pelican thought it was really cool  
Because pepper it is the pepperbird's best food  
It makes them strong and healthy and also really happy

It says: spice it up, it is hot  
Pepper is good for both body and soul  
It says: spice it up, it is hot  
Pepper is good for both body and soul

Now they live together in the same nest  
And I think they are both very happy  
They eat pepper and they eat lovely fish  
And do you know what I heard last?

That the two had a baby coming  
And people all stopped and stared  
In the nest was a pepper-pelican  
It eats fish and pepper all day long

Fish, it is good, fish, it is healthy  
Remember to eat fish all year around  
It says: spice it up, it is hot  
Pepper is good for both body and soul

Fish, it is good, fish, it is healthy  
Remember to eat fish all year around  
It says: spice it up, It is hot  
Pepper is good for both body and soul

**Kheswa (South Africa)**  
**Track 7 – “Beautiful Day”**

(Zulu and English)

Oh, I'm going to the market by the sea  
Get a melon sweet like honey  
And a pocketful of ginger candy

Oh, I'm walking down the road with my sandals on  
Fresh bread baking in the hot sun  
Got ten *rand* in my pocket  
Gotta get me one

Oh ngiyokuthengi khabe makethe  
Ngizokuya nasolwandle  
Ngizokuya nosuka oluhle

Oh ngiyokuthengi nhlanz' emakethe  
Ngibhukude nasolwandle  
Ngizokutheng' uphopho nobhanana

Chorus:  
It's a beautiful day  
It's a beautiful day to be down by the water  
With a blanket on the sand

Namblanj' usukoluhle  
Namblanj' usukoluhle  
Lokuthamelilanga olwandle  
Nabangani, nabomndeni

Oh fish frying and the smell is in the air  
Sugar peanut and the mango everywhere  
Follow the flavors just to get there

Oh upikiniki nabangahi la nala  
U bhasikidi nawo mango la nala  
Sondela woza nawe

Ooh Lai, won't you come try my papaya  
Sings a man sitting on bamboo  
I'm gonna get me one of those too

It's a beautiful day  
It's a beautiful day to be down by the water  
With a blanket on the sand

Namblanj' usukoluhle  
Namblanj' usukoluhle  
Lokuthamelilanga olwandle  
Nabangani, nabomndeni

(English)

Oh, I'm going to the market by the sea  
Get a melon sweet like honey  
And a pocketful of ginger candy

Oh, I'm walking down the road with my sandals on  
Fresh bread baking in the hot sun  
Got ten Rand in my pocket  
Gotta get me one

Oh, I'm going to the market by the sea  
Get a melon sweet like honey  
And a pocketful of ginger candy

Oh, I'm walking down the road with my sandals on  
Fresh bread baking in the hot sun  
Got ten *rand* in my pocket<sup>1</sup>  
Gotta get me one

Chorus:  
It's a beautiful day  
It's a beautiful day to be down by the water  
With a blanket on the sand

It's a beautiful day  
It's a beautiful day to be down by the water  
With a blanket on the sand

Oh fish frying and the smell is in the air  
Sugar peanut and the mango everywhere  
Follow the flavors just to get there

Oh fish frying and the smell is in the air  
Sugar peanut and the mango everywhere  
Follow the flavors just to get there

Ooh Lai, won't you come try my papaya  
Sings a man sitting on bamboo  
I'm gonna get me one of those too

It's a beautiful day  
It's a beautiful day to be down by the water  
With a blanket on the sand

It's a beautiful day  
It's a beautiful day to be down by the water  
With a blanket on the sand

<sup>1</sup> *Rand* is the currency of South Africa

**Rhythm Child (USA)**

**Track 8 – “Bowl of Cherries”**

(English)

Oh lord, I could eat a bowl of cherries  
Oh lord, I could eat a bowl a day

Jump back, turn around, eat a bowl of cherries  
Jump back, turn around, eat a bowl a day  
Jump back, turn around, eat a bowl of cherries  
Jump back, turn around, eat a bowl a day

Oh lord, I could eat a bowl of cherries  
Oh lord, I could eat a bowl a day  
Oh lord, I could eat a bowl of cherries  
Oh lord, I could eat a bowl a day  
Hey!

Me and my brother can eat a bowl of cherries  
Me and my brother can eat a bowl a day  
Me and my brother can eat a bowl of cherries  
Me and my brother can eat a bowl a day

Oh lord, I could eat a bowl of cherries  
Oh lord, I could eat a bowl a day  
Oh lord, I could eat a bowl of cherries  
Oh lord, I could eat a bowl a day  
Hey!

Eat 'em up  
Eat a bowl a day  
Eat 'em up

Me and my sister can eat a bowl of cherries  
Me and my sister can eat a bowl a day  
Me and my sister can eat a bowl of cherries  
Me and my sister can eat a bowl a day

Oh lord, I could eat a bowl of cherries  
Oh lord, I could eat a bowl a day  
Oh lord, I could eat a bowl of cherries  
Oh lord, I could eat a bowl a day

Y'know all I really want for lunch, at a snack, at a picnic, for  
breakfast, even before bed, is a great big bowl of cherries!

Jump back, turn around, eat a bowl of cherries  
Jump back, turn around, eat a bowl a day  
Jump back, turn around, eat a bowl of cherries  
Jump back, turn around, eat a bowl a day

Oh lord, I could eat a bowl of cherries  
Oh lord, I could eat a bowl a day

Oh lord, I could eat a bowl of cherries  
Oh lord, I could eat a bowl a day  
Oh lord, I could eat a bowl of cherries  
Oh lord, I could eat a bowl a day  
Oh lord, I could eat a bowl of cherries  
Oh lord, I could eat a bowl a day...

**Bomba (Australia)**

**Track 9 – “Pomodoro”**

(English and Italiano/Italian)

I hang around the supermarket where you look so cool  
I sample every bump you have, I dribble and I drool  
Molto mangiare, poco laborare  
Si, si, y qua qua  
Molto mangiare, poco laborare  
Si, si, ooh la la!

Pomodore pomodore pomodore pomodore  
Pomodore pomodore pomodore pomodore

Let me squeeze and crush you and turn you into paste  
I never hear complaining and there’s nothing left to waste  
Molto mangiare, poco laborare  
Molto mangiare, poco laborare  
Si, si, ooh la la!

Pomodore pomodore pomodore pomodore  
Pomodore pomodore pomodore pomodore  
Pomodore pomodore pomodore pomodore  
Pomodore pomodore pomodore pomodore

Mistaken for a vegetable you are in fact my fruit  
Bottom of my garden with a sunny attitude  
Molto mangiare, poco laborare  
Si, si, y qua qua  
Molto mangiare, poco laborare  
Si, si, ooh la la

Pomodore pomodore pomodore pomodore  
Pomodore pomodore pomodore pomodore

Pomodore pomodore pomodore pomodore  
Pomodore pomodore pomodore pomodore

(English)

I hang around the supermarket where you look so cool  
I sample every bump you have, I dribble and I drool  
A lot of eating, not a lot of work  
Yes, yes, and here, here  
A lot of eating, not a lot of work  
Yes, yes, ooh la la

Tomato tomato tomato tomato  
Tomato tomato tomato tomato

Let me squeeze and crush you and turn you into paste  
I never hear complaining and there’s nothing left to waste  
A lot of eating, not a lot of work  
Yes, yes, and here, here  
A lot of eating, not a lot of work  
Yes, yes, ooh la la

Tomato tomato tomato tomato  
Tomato tomato tomato tomato  
Tomato tomato tomato tomato  
Tomato tomato tomato tomato

Mistaken for a vegetable you are in fact my fruit  
Bottom of my garden with a sunny attitude  
A lot of eating, not a lot of work  
Yes, yes, and here, here  
A lot of eating, not a lot of work  
Yes, yes, ooh la la

Tomato tomato tomato tomato  
Tomato tomato tomato tomato

Tomato tomato tomato tomato  
Tomato tomato tomato tomato

**Johnny Bregar (USA)**

**Track 10 – “Shoofly Pie”**

(English)

If you wanna do right by your appetite  
If you're fussy about your food  
Take a choo-choo today, head New England way  
And we'll put you in the happiest mood.

With shoofly pie and apple pandowdy  
Makes your eyes light up  
And your tummy say, "Howdy!"  
Shoofly pie and Apple pandowdy  
I'll never get enough of that wonderful stuff.

Oh, shoofly pie and apple pandowdy  
Makes the sun come out  
When the Heavens are cloudy  
Shoofly pie and Apple pandowdy  
I'll never get enough of that wonderful stuff!

Oh Mama! When you bake  
Mama! I don't want cake  
Mama! For my sake  
Go to the oven and make some ever lovin'

Shoofly pie and apple pandowdy  
Makes your eyes light up  
And your tummy say, "Howdy!"  
Shoofly pie and Apple pandowdy  
I'll never get enough of that wonderful stuff!

Shoo fly don't bother me  
Shoo fly don't bother me  
Shoo fly don't bother me  
Cause I belong to somebody

Oh Mama! When you bake,  
Mama! I don't want cake  
Mama! For my sake  
Go to the oven and make some ever lovin'

Shoofly pie and apple pandowdy  
Makes your eyes light up  
And your tummy say, "Howdy!"  
Shoofly pie and Apple pandowdy  
I'll never get enough of that wonderful stuff!  
I'll never get enough of that wonderful stuff!

**Maggie G. (Canada)**

**Track 11 – “Let’s Bake Cookies”**

(English)

Let’s bake cookies  
In all different shapes  
Let’s bake cookies  
I can hardly wait  
With chocolate chips and yummy coconut  
Let’s bake cookies  
Come on and bake some with us

First stop is the kitchen  
To find the things we need  
To make our cookie recipe  
Satisfaction guaranteed

Mix flour and baking soda  
Stir it up with a wooden spoon  
Add butter, eggs, vanilla and sugar  
Mmm, the cookies will be ready soon!

Let’s bake cookies  
In all different shapes  
Let’s bake cookies  
I can hardly wait  
With chocolate chips and yummy coconut  
Let’s bake cookies  
Come on and make some with us  
Let’s bake cookies  
Come on and bake some with us

We could roll out the dough on the counter  
Or use our cookie cutter ginger bread man  
We could make little balls of ooey goey cookie dough  
And place them side by side on the pan

It only takes ten minutes to bake them  
The longest ten minutes in the world  
When you smell the chocolate in the air  
It takes a lot of patience from every boy and girl

Let’s bake cookies  
In all different shapes  
Let’s bake cookies  
I can hardly wait  
With chocolate chips and yummy coconut  
Let’s bake cookies  
Come on and make some with us  
Let’s bake cookies  
Come on and bake some with us

**Donikkl (Germany)**

**Track 12 – “Milch”**

(Deutsch/German)

Ich hab ein Tier zum Freund und das ist total lieb  
Es ist ‘ne Kuh und ich bin froh, dass es sie gibt  
Immer, wenn sie bei mir ist, bekomm’ ich Appetit  
Aber nicht auf meine Kuh, sondern auf das, was sie mir gibt

Ich melk Milch; das ist klasse  
Milch ‘ne ganze Flasche voll. Frische Milch schmeckt toll  
Ich melk Milch; das ist klasse  
Milch ‘ne ganze Flasche voll. Frische Milch schmeckt toll  
Ich melk Milch

Ich nehm’ sie sogar in die Schule mit; das findet keiner doof  
Schwitzen wir im Klassenzimmer, frisst sie Gras im  
Pausenhof  
Und wenn ich mal durstig bin, sag ich, ich muss aufs Klo  
Doch ich saus direkt zu der Kuh, denn frische Milch, die mag  
ich so

Ich melk Milch, das ist klasse  
Milch ‘ne ganze Flasche voll. Frische Milch schmeckt toll  
Ich melk Milch; das ist klasse  
Milch ‘ne ganze Flasche voll. Frische Milch schmeckt toll  
Ich melk Milch

Ich melk Milch, das ist klasse  
Milch ‘ne ganze Flasche voll. Frische Milch schmeckt toll  
Ich melk Milch; das ist klasse  
Milch ‘ne ganze Flasche voll. Frische Milch schmeckt toll  
Ich melk Milch

Ich melk Milch.  
Ich melk Milch  
‘Ne ganze Flasche voll Milch  
Lecker, lecker, lecker Milch

Ich melk Milch!

**“Milk”**

(English)

I got an animal as a friend and it is so friendly  
It’s a cow and I am oh-so-happy that she exists  
Every time that she is with me, I get an appetite  
Not for my cow but for what she gives to me

I milk milk, that is just wonderful  
Milk, an entire bottle. Fresh milk tastes so nice  
I milk milk, that is just wonderful  
Milk, an entire bottle. Fresh milk tastes so nice  
I milk milk

I even take it to school with me; nobody minds  
While we are sweating in the classroom, it is feeding on grass  
in the yard  
And if I get thirsty, I just say I need to go to the toilet  
But instead I rush out and to the cow, because I like fresh milk

I milk milk, that is just wonderful  
Milk, an entire bottle. Fresh milk tastes so nice  
I milk milk, that is just wonderful  
Milk, an entire bottle. Fresh milk tastes so nice  
I milk milk

I milk milk, that is just wonderful  
Milk, an entire bottle. Fresh milk tastes so nice  
I milk milk, that is just wonderful  
Milk, an entire bottle. Fresh milk tastes so nice  
I milk milk

I milk milk  
I milk milk  
An entire bottle of milk  
Tasty, tasty, tasty milk

I milk milk!