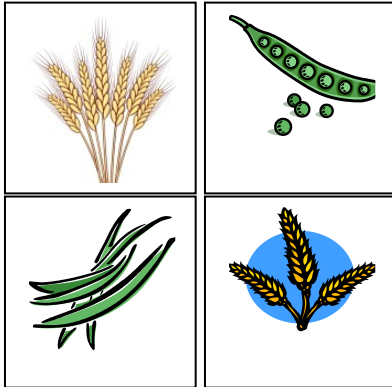


Oats, Peas, Beans, and Barley Grow



Healthy Food for You and Me!



oats



peas



beans



barley

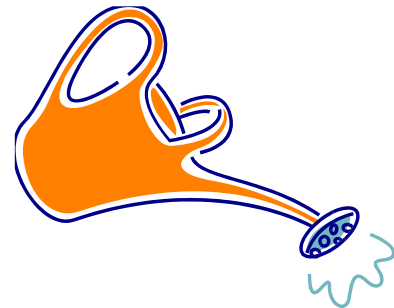
First the farmer sows his seed,
Stands erect and takes his ease.
He stamps his foot and claps his hands
Then turns around to view his lands.

2

(Chorus)

Oats, peas, beans, and barley grow,
Oats, peas, beans, and barley grow,
Can you or I or anyone know
How oats, peas, beans, and barley grow?

3



Next the farmer waters the seed,
Stands erect and takes his ease.
He stamps his foot and claps his hands
Then turns around to view his lands.

4

(Chorus)

Oats, peas, beans, and barley grow,
Oats, peas, beans, and barley grow,
Can you or I or anyone know
How oats, peas, beans, and barley grow?

5



Then the farmer hoes the weeds,
Stands erect and takes his ease.
He stamps his foot and claps his hands
Then turns around to view his lands.

6

(Chorus)

Oats, peas, beans, and barley grow,
Oats, peas, beans, and barley grow,
Can you or I or anyone know
How oats, peas, beans, and barley grow?

7



oats



peas



beans



barley

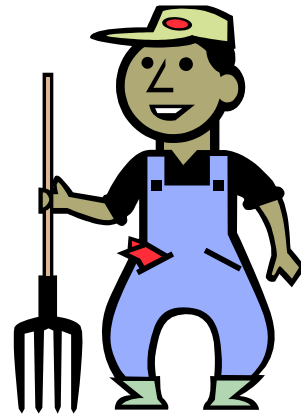
Next the farmer harvests his seed,
Stands erect and takes his ease.
He stamps his foot and claps his hands
Then turns around to view his lands.

8

(Chorus)

Oats, peas, beans, and barley grow,
Oats, peas, beans, and barley grow,
Can you or I or anyone know
How oats, peas, beans, and barley grow?

9



When the farmer hears this rhyme,
He gives a smile and for one more time
He stamps his foot and claps his hands
Then turns around to view his lands.

10

(Chorus)

Oats, peas, beans, and barley grow,
Oats, peas, beans, and barley grow,
Can you or I or anyone know
How oats, peas, beans, and barley grow?

11



oats



peas



beans





barley


What happens next everyone knows.
From farm to market the food now goes.
The farmer's job will begin again,
Because you and I and everyone know
How oats, peas, beans, and barley grow.

12

Learn About the Foods

 Oats and barley are grains. They belong in the Grains food group. Grains provide B-vitamins needed for energy.

 Peas are in the Vegetables food group. Vegetables provide vitamin A needed for healthy skin and good eyesight.

 Beans are in the Protein food group. Beans provide protein needed to grow and build strong muscles.

This book was made by

Name

Date

Accompanies *Healthy Choices, Healthy Me!* Nutrition Program
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