

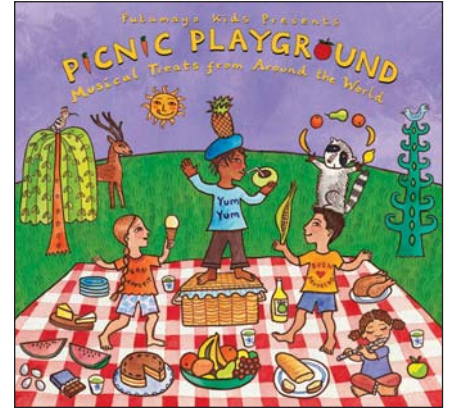
Picnic Playground

(PUT 293 Liner Notes)

Food, glorious food! People all over the world may speak different languages, wear different clothes and have different customs, but we all share a love of good food!

Food gives you energy and vitamins to help you grow up healthy and strong. Sitting down with your family to share a meal is a daily ritual all over the world. Food is also an important part of celebrations and parties. And while we're on the subject, what's a good party without music?

So pack your picnic basket with delicious food, spread out your blanket, press play and let the *Picnic Playground* celebration begin. *Bon appétit!*



1. Jay Mankita Eat Like a Rainbow

If you eat hamburgers and french fries and drink soda all the time, you won't have the energy to play and dance! One great idea to help you eat well is to eat as many naturally-colored foods as possible.

We all know that fruits and vegetables are good for us, but have you noticed that they come in many bright, yummy colors, too? Jay Mankita probably had orange carrots, red apples and green grapes in mind when he sang, "I like to eat like a rainbow / Builds my body and it makes my brain grow / Helps my heart beat and my blood flow."

2. Pascal Parisot Mes Parents Sont Bio

In this funny French song, Pascal Parisot sings about his parents' love of organic products. Organic food is grown without harmful chemicals and fertilizers. Not only is it healthier for your body, it tastes great and is better for the planet, too.

"My parents are organic," Pascal sings. "At our house everything's organic / The salt is organic / The frying pan is organic / My father is 'Organic Man' / Married to 'Organic Woman.'" This has Pascal dreaming about a big, juicy hamburger!

3. Jose Conde y Ola Fresca Bolitas de Arroz con Pollo

Have you ever eaten something so delicious it made you want to burst out singing? That's what happened to Jose Conde when he tasted some chicken and yellow rice balls, or *bolitas de arroz con pollo* in Spanish. This is a popular dish in Cuba, an island country in the Caribbean where Jose's family is from.

You can almost hear Jose licking his lips when he sings: "The chicken roasted with *yuca* (a Latin American root vegetable like a potato) and sauce / It's tasty and hot / And good for you / You will say / ¡Ay, que rico! (How yummy!) / When you taste / This great dish."

4. Asheba Ice Cream

It's hard not to scream for joy when you get a nice big scoop of ice cream, so isn't it funny that when you say "ice cream" really fast, it sounds like "I scream"?

Kids all over the world love ice cream. Most people are familiar with chocolate, vanilla and strawberry ice cream. In this song, Asheba sings about tropical fruit flavors like coconut, mango, banana and pineapple that are popular in his native Caribbean country, Trinidad and Tobago.

There are two good reasons why you should lick your ice cream slowly. First of all, it lasts longer that way, and Asheba warns that if you eat it too fast, "you might end up with a brain freeze!"

5. Franck Monnet Goûtez-les

In this song, Franck Monnet sings about a magical land called Malidor where there's plenty of food for everyone. Not every child around the world has enough to eat, so we should appreciate the food we have and share it with others who don't have enough.

Just imagine a place where you never run out of your favorite foods! "These melons, these pears / All these good cheeses / These spices
-Taste them, in the mysterious country of Malidor / When there's no more / There's more."

6. **Safari** Peberpelikan

Spicy food is usually more popular in countries with hot weather, maybe because it makes you sweat, which helps cool you off. Spices give flavor, but they can also make your food really hot. So, watch out!

The band Safari is from Denmark, where it's cold for much of the year and the food is not usually spicy. In this song, they sing about birds that live on the sunny Caribbean island of Tobago.

One of the birds is a pelican who likes to eat fish because they're tasty and nutritious. One day, he meets a make-believe pepperbird which likes to eat pepper and sings, "Spice it up, pepper is good for the body and soul." The pelican and the pepperbird fall in love and have a baby pepper-pelican who "eats fish and pepper all day long."

7. **Kheswa** Beautiful Day

Have you ever been to a market? Not a supermarket filled with food in boxes and plastic wrap, but a farmers' market with stands selling locally-grown, fresh fruit, vegetables and other yummy things. Eating locally-grown food also helps fight global warming because you don't need planes and boats to ship your food long distances.

In this song, Kheswa, who is from South Africa, sings about shopping for fresh food for an *upikiniki*, which means "picnic" in Swahili. "I'm going to the market by the sea," sings Kheswa, "Get a melon sweet like honey / And a pocketful of ginger candy / Fish frying and the smell is in the air / Sugar, peanut and mango everywhere."

8. **Rhythm Child** Bowl of Cherries

When you have a big bowl of delicious cherries in front of you, it's hard not to eat them all at once! Did you know that farmers in Greece first started planting cherry trees more than 2,000 years ago? Now, people all over the world can share a bowl of cherries with their family and friends.

This song is based on an old work song called "Pick a Bale of Cotton." "Oh lordy, I could eat a bowl of cherries / Oh lordy, I could 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 / Me and my sister can eat a bowl of cherries / Me and my sister can eat a bowl a day."

9. **Bomba** Pomodoro

This is a love song to a tomato! *Pomodoro* is the Italian word for tomato, and this juicy fruit (surprise, the tomato is not a vegetable!) is an essential ingredient in famous Italian foods like pizza and spaghetti.

Did you know that until about 500 years ago, no one in Italy even knew the tomato existed? Tomatoes are originally from South America, as are potatoes and chocolate, and are now found all over the world.

"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 / Tomato, tomato, tomato."

10. **Johnny Bregar** Shoo Fly Pie

Shoo fly pie? Is that a pie that's so bad even flies don't like it? Is it made out of old shoes? Actually, shoo fly pie is made with lots of gooey molasses and it is so sweet that you have to keep shooing the flies away from it! Shoo fly pie is a traditional recipe of the Pennsylvania Dutch (who aren't actually Dutch; they are German, but that's another story).

This popular song from the 1940s also mentions apple pan dowdy, a type of apple pie baked in a pan with lumps of sweet dough on top. "If you're fussy about your food," sings Johnny Bregar, "Take a choo-choo today, head New England way / And we'll put you in the happiest mood / With shoo fly pie and apple pan dowdy / Makes your eyes light up / And your tummy say 'Howdy.'"

11. **Maggie G.** Let's Bake Cookies

Baking is fun and it can be pretty easy, too. One of the easiest recipes to make is also one of the most fun things to eat: cookies! You don't have to be an adult to mix together flour, baking soda, butter, eggs, vanilla and sugar and put spoonfuls on a pan (but you should ask a grown up to help with the oven part). It may only take ten minutes for the cookies to bake, but they could be the longest ten minutes of your life!

So get out your mixing bowl and spoon and stir along with Maggie G. It will be almost as fun as eating them! “Let’s bake cookies / In all different shapes / Let’s bake cookies / I can hardly wait / With chocolate chips and yummy coconut / Come on and bake some with us.”

12. **Donikkl** **Milch**

Nothing goes better with cookies than a nice, cold glass of milk. “Milch” is the German word for, you guessed it, “milk”! Do you know where milk comes from?

Donikkl sings about a kid who loves milk so much that he even brings a cow to school with him. Whenever he wants a glass, he tells the teacher he needs to go to the bathroom, but instead, he goes to the cow and squeezes himself a fresh drink.

“Every time when my cow is with me, I get an appetite / Not for my cow but for what she gives to me / Milk, milk, that is just wonderful / Milk, an entire bottle. Fresh milk tastes so nice.”

Artists

Jay Mankita is a guitarist, singer and songwriter from Massachusetts. Jay drives a van that runs on recycled vegetable oil and has recorded 6 CDs, including one entirely about food. He has performed many fun and educational shows about food for children.

Pascal Parisot is a French pop star who is famous for his funny and sometimes strange songs. Pascal likes to listen to Brazilian and Latin American music.

Jose Conde y Ola Fresca is a Cuban-American singer and songwriter who lives in New York City. With his band Ola Fresca (which means “Fresh Wave”), Jose plays fun Latin music that makes people want to dance.

Asheba is a singer, songwriter and storyteller who learned to sing *calypso* and play the steel drum when he was growing up in Trinidad. Now he lives in California and brings the fun and energy of Caribbean music to audiences of all ages.

Franck Monnet is from France, where he is a popular singer and songwriter. He has a very creative imagination and on one of his albums, he sang about the language of cats and a make-believe country called Malidor.

Safari is a duo from Denmark. Julie Andersen-Høyer and Klavs Bo Larsen have been making music together since 1996 and decided to write music for children because they felt there wasn’t enough kid’s music in Denmark.

Kheswa is a singer, dancer and actress from South Africa who started her professional career at the age of 15. Her full name is Nonhlanhla “Kheswa” Lavaia. Kheswa played the role of Nala in the Broadway musical *The Lion King* and is recording her first album.

Rhythm Child is a music program for children that was started in Los Angeles by drummer Norman Jones and his wife Heather. Using fun rhythms and movements, Norman gets parents and their children to sing, drum and dance together.

Bomba is a band from Melbourne, Australia that plays music with African and Caribbean flavors. Led by Nicky Bomba, they have many fans who love their exciting live shows.

Johnny Bregar lives in Seattle and played with rock bands for many years. After he and his wife had a little boy, Johnny quickly discovered that a ukulele is a fine instrument for entertaining a fussy baby, so he decided to make records that kids and parents could enjoy together.

Maggie G. was surrounded by music and dance growing up in Ottawa, Canada. She studied at the Berklee College of Music in Boston and started writing children’s songs for her own kids. She has written lyrics for many popular children’s television programs.

Donikkl is one of the most popular children’s music groups in Germany. They have been performing their blend of reggae, ska and rock since 2002 and write songs with catchy melodies and words that stimulate a child’s imagination.

How to Eat Like a Rainbow!

Here are recipes for two of my favorite snacks from different countries! Remember, you don’t have to travel around the world to have a fresh adventure - just let your taste buds do the walking!

Rainbow Fruit Sticks!

In Mexico, I discovered a great snack. Take a papaya or mango, peel off the skin and cut it into slices. Then, put the slices onto a popsicle stick or chopstick. Squeeze a little lemon or lime juice on the fruit, and surprise, a fruit popsicle! You can create a “Rainbow Fruit Stick” by putting together a variety of colorful fruits like cut-up bananas, strawberries and mango, put them on a stick and eat up, or wrap in plastic and freeze. Yum!

Garden Veggie Rolls!

This fun recipe was inspired by sushi rolls from Japan! You’ll need a slice of whole wheat bread, hummus or a soft cheese like ricotta or cream cheese, thin sticks of raw carrots, celery, jicama and sprouts, if you have them! First, flatten the bread with a roller. Then, spread hummus or cheese on the bread. Put veggies in the center, roll up and eat!

From, Barbara

Recipes from *Janey Junkfood’s Fresh Adventure!* by Barbara Storper, MS, RD and FoodPlay Productions, a national touring nutrition education theater and media organization that turns kids on to healthy habits! For more fun recipes and healthy food tips for kids: www.foodplay.com