

Count Up to Five!

Lyrics and music by Ros Schwartz © 2004

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One little apple in my backpack
I'll take my apple out for my snack
One ripe red apple so crisp and sweet
I love my apple, it's a treat to eat!

Two tomatoes full of slippery seeds
They're just what this recipe needs
Juicy tomatoes with a thin red skin
Let's cut 'em up and toss 'em in!

Three little carrots, crunch crunch crunch!
Three little carrots to munch for lunch!
Bright orange carrots so noisy to bite
I could crunch those carrots all day and all night!

Four little string beans on my plate
Four little string beans sure taste great
Long skinny string beans in yellow and green
They're the best little string beans I've ever seen!

Fruits and veggies are so neat to eat
For snacks or meals or a tasty treat!
I'll eat one two three four five each day
To help me run and laugh and play!
I'll eat one two three four five each day
To help me run and laugh and play!