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VIRGINIA POLYTECHNIC INSTITUTE
AND STATE UNIVERSITY

"Songs from Mulligan Stew"



Good Nutrition

1. When you're on top of the scene there's no place to go but up
 feelin' on top of a dream knowing you got your cup ov - er -
 -flowing with that good nu - trition (good nutrition) that
 good nu - trition (good nutrition) and it's
 al - right with me fine
 give me a bright day with sun - shine and flow - ers
 or if you got rain - drops and wind - y day show - ers
 it don't matter to me . . . not to me at all
 I can handle the cold days or laugh in the warm ones . . .
 knowing I got the nu - trition to keep me hap - py heal - thy and a -
 -live !

D.C. al fine

2. When you got love in your heart
 there's nothing to do but smile
 feelin' so cool and smart
 knowing that all the while, you got

4-4-3-2

$\frac{1}{2}$: 4 - 4 - 3 - 2 that's the formula for me and you
 eating's fine for me and you 4 - 4 - 3 - 2

that's the only thing that'll do - ϕ 2 - 4 - 6 - 8 hurry on now don't be late
 that's the only way that'll do

4 - 4 - 3 - 2 that's the only thing that'll do

brand new formula for feelin' fine easily under - stood good

food will keep your health in line and keep you feelin' good DC.al ϕ

4 - 4 - 3 - 2 that's the formula for me and you

4 - 4 - 3 - 2 that's the only thing that'll do

brand new formula for feelin' fine easily under - stood good

food will keep your health in line and keep you feelin' good keep you

feeling good !

Maggie and Me

1: Maggie and me Mi - ki and me,
 2: Manny and me Mike and me,
 3: Mulligan and me Mulligan and me.

we're a-like as two people can be, though we're different on the outside, the
 foods that we eat form the same kind of insides, you'd get turned on if you found
 all of the foods that we put down forms a part of the inside of me,
 in-side Maggie Miki and me! 3rd time fine
 Manny Mike
 Mulligan

You Gotta Eat Breakfast

you gotta eat breakfast you gotta eat breakfast to
 keep you feelin fine all day long you gotta start each day with
 fuel food to keep your body running strong you
 gotta start every day with a good breakfast that'll last the whole day
 long you D.C. al
 keep you feelin' fine all day long!

Everybody's Body

F Dm Gm C F Dm Gm C

1. Ev'ry body's body needs vit-a- mins

F Dm Gm C7 F F7 Bb Bbm

pro-teins car-bo-hy- drates and fats ev'ry body's body needs min-er-als

F Dm Gm C7 F Bb F Bb C

ev'ry - body has to know that. Don't leave out a thing, cause ev'ry body knows

Bb Gm C7 F Dm

nutrients are the things that help our bodies live and grow, 1. ev'ry - body's body,

Gm C7 F Dm Gm C7

2. ev'ry - body's body, has

F Dm Gm C7 F Dm

1. ev'ry living thing, builds a strong body out of pro - pro- pro-tein

2. min'rals in small amounts, Quantity is small but it's getting them that counts

Gm C7 F Dm Gm C7

1. vitamins are the nutrients in the things you eat that keep you fit and healthy from your

2. fat and carbohydrates are needed in your diet you cant go on without them so

Repeat 2x,
3rd time repeat to ♯

F Dm Gm C F Bb F

1 head down to your feet!

2 nobody should try it!

ev'ry - body has to know that, ev'ry body has to know that!

fad foods and Quick Diets

Fad foods and quick diets are bad for you so don't
 try it they'll slow you down and that is why
 they're no good for... you..... there's
 only one way to keep your body in line there's only one way for
 feelin' fine there's only one way and it's yours and mine that's
 eat-ing a balanced diet.
 you.

You Gotta Eat Right

if you want to grow up tall and strong you
 gotta eat right if you want to feel like you be-long . . you
 gotta eat right let me tell ya' that you can't go wrong
 if you eat right if you eat right that means making sure you're eating a
 balanced diet make sure you're getting the mu - trition you need
 make sure you're eating a balanced diet baby you got to
 follow this lead if you D.C. alfine

2 If you want to grow up looking fine, you gotta eat right
 if you want to know the healthy sign, you gotta eat right
 feeling good is yours and mine
 if you eat right, if you eat right.

That means making sure you're getting vitamins
 proteins, minerals, carbohydrates and fats
 make sure you're eating a balanced diet
 that's where it's at, baby, that's where it's at!

Goulash, Garbanza Beans & Guacamole

Gou - lash Gar - banza beans and Guaca - mol - e
 Ro - maine, Rice and Ravioli Spinach Sau - er - kraut and
 cold Spu - mon-i thats a de - licious trip a - round . . the world..

 1. whether you're here or there black or white
 2. below from
 up or down dark or fair big or light we're all al-ike we're
 all al-ike we all like to eat.
 3. you can get a balanced diet 4 - 4 - 3 - 2 so
 why don't you try it let it happen for you in your home in your
 neighbor - hood 'cause we all like we all like to
 2. Kids are kids in Boston and Brussels
 Texas and Tahiti, Rhode Island and Russia
 Albany and Africa, Harlem and Holland
 Kids are kids, and kids all like to eat.
 eat!
 nu - tritious de - licious trip around..the world.

Mulligan Stew Theme

1. Get it all to-gether come from near and far
 2. Sock it in the sunshine swing it in the snow

tell me what you're eating I'll tell you what you are, MULL-I-GAN STEW
 groove down by the schoolyard food will make you grow,
 MULLIGAN STEW MULLIGAN STEW !

12.c you gotta learn a brand new alphabet A B C D E and K
 calcium and iron minerals then you're ready to take it a-way ! 1st time D.C.

2no time MULLIGAN STEW MULLIGAN STEW MULLIGAN STEW
 MULLIGAN STEW !

3. You can be a strong man
 look and feel fine
 eat a balanced diet
 go to the head of the line

4. Don't listen to that guy who says
 vitamins are no good
 you are made of skin and bone
 he is made of wood

Tomorrow

1. Tell you how it's gonna be to-morrow there'll food for you and me to-morrow from earth and sky and in the sea more nutritious food to-morrow. Tomorrow started yesterday you know..... to-morrow's food will help us live and grow.. to-morrow's world will be better for you and me to-morrow. TO-MORROW.....

..... TO - MORROW..... D.C. al ♪

morrow. TO - MORROW..... TO- *repeat until fade*

Chords: C, F, G, Am, D7, C, F, G, Am, F, D7, F

2. We will find new forms of food tomorrow
 freeze-dried, fresh-tasting foods tomorrow
 packaged for your every mood, more nutritious food tomorrow

3. Feed the people better grains tomorrow
 grown on deserts and plains tomorrow
 delivered by faster trains and planes, more nutritious food tomorrow.

Share a Snack with a friend

1. When you're tired and you're taking a break
 2. -noons when school is through (and you'd) or
 when you've got some time to take } share a snack with a friend,
 like something to do }

smile a smile all the while and share a snack with a friend. After -

2. and 3.
 when you just don't care to be .. a-lone with a
 doesn't matter where you happen to be watching a

friend share an ice -cream cone a peanut butter sand - wich, a
 game from the limb of a tree baking in the kit-chen a

ta-co or two that's a nu-trit-ious snack for a friend and you in the al
 cookie or two that's a de-lic -ious snack for a friend and you so

share a snack with a friend smile a smile all the

while and share a snack with a friend!

3. (in the) morning or when day is done
 and you'd like to have some more fun

It's Up To You

1. Feel-ing al-right
 2. Got - ta make sure you look-ing good eat a balanced diet, you

wear-ing a smile
 got - ta make sure you're getting all of the while has a

lot to do with good nu - tri-tion good nu-tri-tion
 gotta make sure you eat a balanced diet and }

Ba -by that's up to you you

3. Walking tall, doing fine, knowing you're healthy all of the time
 has a lot to do with good nutrition, good nutrition, Baby, that's up to you!



Music composed and arranged by Paul Brier & performed by "THE EYE"

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