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Foodways A 4-H Folkpatterns Project – Games and Songs People Play with Foods  
Michigan State University Cooperative Extension Service  
4-H Club Bulletin

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# Games and Songs People Play with Foods

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Food in Folklore

- PURPOSE:** To become aware of the different ways people have fun when eating and the different eating habits they have
- YOU'LL NEED:** Pen or pencil
- TIME:** 15-30 minutes
- HOW TO DO IT:** Read each of the following sections, then check off the activities that you've done or you've had done to you. Next fill in the blanks with descriptions of other things you've said or done in your home.

## Getting Kids to Eat

- \_\_\_\_\_ Played "Open the hangar, here comes the airplane."
- \_\_\_\_\_ Played "Being a member of the Clean Plate Club."
- \_\_\_\_\_ Said "Look out teeth, look out gums, look out stomach, here it comes."
- \_\_\_\_\_ Was told or said "Eat all of your food. Remember, there are starving kids in \_\_\_\_\_."
- \_\_\_\_\_ Was told "If you eat your carrots, you will see better in the dark."
- \_\_\_\_\_
- \_\_\_\_\_

## Making Food Look Good

- \_\_\_\_\_ Sandwiches cut into funny shapes.
- \_\_\_\_\_ Pies that have pretty designs cut into the top.
- \_\_\_\_\_
- \_\_\_\_\_

## Punishments for Not Eating All of Your Food

- \_\_\_\_\_ You couldn't leave the table until you had finished everything on your plate.
- \_\_\_\_\_ You were sent to bed.
- \_\_\_\_\_ You were given the same plate of food the next morning.
- \_\_\_\_\_
- \_\_\_\_\_

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## Making Eating Fun

- \_\_\_\_\_ When eating a sandwich cookie, you always scrape off and eat the frosting first and then eat the cookie part.
- \_\_\_\_\_ When eating a piece of cake, you always save the frosting until last.
- \_\_\_\_\_ When eating corn on the cob, you eat across like a typewriter.
- \_\_\_\_\_ When eating spaghetti, you sometimes pick up one noodle and suck it down in one long slurp.
- \_\_\_\_\_ When eating gelatin, you hold a spoonful in your mouth and push it back and forth through your teeth before you swallow it.
- \_\_\_\_\_ When you have mashed potatoes and gravy, you make a little lake of gravy in the potatoes that doesn't flood over.
- \_\_\_\_\_ When eating a large meal you often take one bite of each kind of food, then start around the plate again, *or* you always eat up one kind of food before you start the next.
- \_\_\_\_\_ When eating a meal, you save either the food you like least or best until last.
- \_\_\_\_\_ When eating ice cream, you stir it up so that it is like soup before you eat it.
- \_\_\_\_\_ When you eat a piece of pie, you always start with the crust or the inside tip.

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## Fun Food Songs or Talk

- \_\_\_\_\_ I eat my peas with honey, \_\_\_\_\_  
I've done it all my life, \_\_\_\_\_  
It does look kind of funny, \_\_\_\_\_  
But it keeps them on my knife. \_\_\_\_\_

## Avoiding Food You Don't Like

- \_\_\_\_\_ Hide your bread crust under the edge of your plate.
- \_\_\_\_\_ Slip food to your pet dog.
- \_\_\_\_\_ Stir your spinach into your mashed potatoes.
- \_\_\_\_\_ Talk a younger brother or sister into eating it for you.

### NOW WHAT?

1. Share your food games, songs, or experiences with your family, friends, or group. Discuss where you learned them, how old you were, and why you did them.
2. Put on a skit about people's food songs or habits for your parents or a community event.
3. Collect other people's food songs and games and make a poster of your collection for the county fair.
4. Write a story about one of your food-related experiences.