

FINE INGREDIENTS

An early elementary school musical about healthy living

www.chrisjenningsmusic.com

FINE INGREDIENTS

Start with fine ingredients,
When you cook, it's important
To start with fine ingredients.
Choose them with some loving care,
Take the time to look, compare,
And choose them with some lovin' care.
The thought that you give makes it all
Taste so much better!
Like interlocking memory, a message linked,
A history inscribed indelibly on you inside.
A chain unbroken cast in fields and farms
At last arrives,
So set the table and take it all in!
Set the table and take it all in!
Start with fine ingredients,
When you cook, it's important
To start with fine ingredients.
The thought that you give makes it all
Taste so much better!
Like interlocking memory, a message linked,
A history inscribed indelibly on you inside.
A chain unbroken cast in fields and farms
At last arrives,
So set the table and take it all in!
Set the table and take it all in!

SITTIN' ON A SUBWAY TRAIN

Sittin' on a subway train,
"I'm so sorry for the delay,"
Says the man on the intercome,
"We'll be movin' again...shortly."
So you settle in and read another page,
Put on your headphones and drift into a daze.
Playin' in your mind
A scene beyond the cityscape,
A field, a farm, an open space,
That seems so far away.
But all you've got to do is change

Lyrics continue on the top of the next column ↗

To the E train at the 42nd street station,
Ride on out to Queens to just before Jamaica,
And take a good look around,
Take a good look around!
In your apartment on a rainy day,
You can't contain your energy, so you play!
But then the downstairs neighbor knocks to say
Your thumpin' is most disturbing.
So you settle down and try another game,
But you are bored now, you drift into a daze.
Playin' in your mind
A scene beyond the cityscape,
A field, a farm, an open space,
That seems so far away.
But all you've got to do is change
To the E train at the 42nd street station,
Ride on out to Queens to just before Jamaica,
And take a good look around,
Take a good look around!
'Cause all you've got to do is change
To the E train at the 42nd street station,
Ride on out to Queens to just before Jamaica,
And take a good look around,
Take a good look around!

SECRET AGENT

There's a secret agent in disguise,
An undercover alias that tries to
Hide his real identity from you.
He's been trained to falsely advertise,
To play the bait 'n switch on the unwise who,
Gullibly, are taken for a ride.
But I'm gonna tell you the secret,
I'm gonna give you the key,
Yeah, I'm gonna pass you
The confidential information.
Look at the label, all you've got to do is read,
You're gonna blow his cover when you see:
Corn sweetener, corn syrup,
Dehydrated cane juice,

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Dextrin and dextrose, fruit juice concentrate,
And glucose, fructose,
Oh, honey don't forget
To take it slow as molasses
If you see turbinado, treacle,
Or syrup of any kind.
There's a secret agent in disguise,
An undercover alias that tries to
Hide his real identity from you.
But I'm gonna tell you the secret,
I'm gonna give you the key,
Yeah, I'm gonna pass you
The confidential information.
Look at the label, all you've got to do is read,
You're gonna blow his cover when you see...

FREEZE TAG

The sunny days keep gettin' longer,
So that we can stay out late
And play a little while more.
We can run until we're tagged,
And then we're frozen there,
Waiting to be rescued by a friend,
Who's reachin' out with a hand to set us free.
We'll keep lookin' for
A friendly hand to set us free.
The sunshine plays up in the branches,
Chasin' the green
From the top down to the base,
Where we're waiting 'til you look away,
So we can run until we're tagged,
And then we're frozen there,
Waiting to be rescued by a friend,
Who's reachin' out with a hand to set us free.
We'll keep lookin' for
A friendly hand to set us free.
Close your eyes and count to ten,
Before you know it another summer 's gone,
Windy days of fall gettin' shorter and shorter,

'til it's winter time again, it's winter time again,
And though it's nice
To be out in the snow sometimes,
We'll keep on lookin' for, keep on lookin' for
The sunny days!
We can run until we're tagged,
And then we're frozen there,
Waiting to be rescued by a friend,
Who's reachin' out with a hand to set us free.
We'll keep lookin' for
A friendly hand to set us free.
We'll keep lookin' for
A friendly hand to set us free.

A LIGHTER STEP

She's a living Earth so take a lighter step,
She's a livin' Earth so take a lighter step.
She's a living Earth so take a lighter step.
She's a livin' Earth so take a lighter step.
The heavy footprints that we leave behind
Are tramin' the fragile life design,
But we can wear a softer shoe,
All we've got to do is keep in mind
She's a living Earth so take a lighter step,
She's a livin' Earth so take a lighter step.
She's a living Earth so take a lighter step.
She's a livin' Earth so take a lighter step.
We can choose the way we walk through life,
Shuffle out the door, turn out the lights,
Stroll on down the avenue,
When you get the chance, eat local food,
Hit the road, but take the train,
And know that what you use
You can you again,
Ramble on past, the miles of aisles,
Where what you don't need is kept.
She's a living Earth so take a lighter step,
She's a livin' Earth so take a lighter step.
She's a living Earth so take a lighter step.
She's a livin' Earth so take a lighter step.