

**“The Farmer Grows a Rainbow” Song**  
(Sung to the tune of “Following the Leader” From Peter Pan)

The farmer grows a rainbow, a rainbow, a rainbow,  
The farmer grows a rainbow  
For me to eat each day!

A bright and healthy rainbow, a rainbow, a rainbow,  
A bright and healthy rainbow  
To fuel my work and play!

The farmer grows the grassy grains, the grassy grains, the grassy grains,  
The farmer grows the grassy grains  
To give me energy!

The farmer grows the vegetables, the vegetables, the vegetables,  
The farmer grows the vegetables  
With vitamins, you see!

The farmer grows the fresh fruits, the fresh fruits, the fresh fruits,  
The farmer grows the fresh fruits  
To keep away disease!

The farmer cares for dairy cows, for dairy cows, for dairy cows,  
The farmer cares for dairy cows  
To give me milk and cheese!

The farmer raises beef cows, and swine for pork, and poultry,  
The farmer raises catfish  
For protein so I'll grow.

I want to thank the farmer, the farmer, the farmer,  
I want to thank the farmer  
For growing my rainbow!