

Folkways Records FC 7081

Music, Words and Lyrics: Isabel Abrams and Roxana Apsberg Narrator: Joseph G. Moore

Do you know how you grow? INSIDE



RJ
131
A162
D632
1966

MUSIC LP

FOLKWAYS . FC 7081

Do you know how you grow ? INSIDE

Library of Congress Catalogue Card No. R 66-1205

©1966 FOLKWAYS RECORDS & SERVICE Corp.
701 Seventh Ave., New York City

Cover by Irwin Rockmore

MUSICAL NUMBERS
SEE HOW I GROW
WHEN YOU WERE NEW
THREE MEALS A DAY
WHAT DO I DO? DIGEST!
WHEN I SWALLOW
YOUR BLOOD IS LIKE A RAILROAD TRAIN
THE FOOD I EAT
SEE HOW I GROW

RJ
131
A162
D632
1966

MUSIC LP

DO YOU KNOW HOW YOU GROW

INSIDE

INTRODUCTION

"Do You Know How You Grow?" originated as an answer to my young daughter's questions. She already knew that she had to eat her cereal and drink her milk if she wanted to get bigger. What she wanted to know was when she would be all grown up and how food made her bigger. As a biology teacher, I was eager to tell my daughter the "story of growing". I soon discovered that the "story" was more fun when it rhymed. It was then that I approached Roxana Alsberg with the idea of writing science songs for children. As a folksinger, Roxana was able to compose the music and adapt the lyrics. In order to test our songs, she sang them for our children. Later, tape recordings were played for classes. The teachers' suggestions and the questions asked by schoolchildren helped us clarify the ideas and emphasize the most important concepts about growth.

The Key Concepts in the Records

"Do You Know How You Grow? - Outside" explains the changes that occur while you are growing. The songs describe the new things you are able to do as you mature, the uneven rates of growth, the measurement of growth, and the role of heredity in development.

"Do You Know How You Grow? - Inside" concentrates on the role food plays in growth. The songs describe the kinds of food needed, the way food is digested, how food travels through the blood to each part of the body, and how food makes the body larger.

Each new concept is introduced in the script and reinforced by a song. The children listening to the record hear the ideas explained before they are entertained. In this way, the songs are made more meaningful and the children are encouraged to sing along with the record.

Suggested Activities

Although "Do You Know How You Grow?" is designed primarily for building concepts about growing, there are many activities that can be related to the ideas on the record.

Language Arts: The script and the song lyrics can be read aloud. The ideas can be discussed and they may provide the stimulus for additional reading.

Many new words can be added to the vocabulary as the songs are explained.

The children can write their own compositions or songs related to ideas in "Do You Know How You Grow?".

"Your Tongue Goes Walking" can be used to arouse interest in clear diction.

Art: Pictures telling the story of growth can be individual or class projects.

Sculpture can be done showing the parts of the body or the changing shape of the body.

A collection of family pictures would show likenesses and differences in many characteristics. (Body build, shape of nose, hair color or curliness, etc.)

Food charts classifying foods into protein, fat, or carbohydrate could be made with drawings or magazine cutouts.

Social Studies: Discussion about whether there are people who don't get enough to eat and what can be done about it.

Discussion about skin color or other inherited characteristics. Do they change the way a person feels or acts?

Mathematics: Using a yardstick and a scale, height and weight can be measured.

Comparing the height and weight at present with that of a baby or an adult, would involve addition, subtraction, multiplication and division.

Comparing the sizes of parts of the body would involve ratios.

Dramatic Play: Children could represent parts of the body.

Learning Skills: The library could be used to find reference materials and additional information about growing.

The children could learn to use the scientific method for problem solving.

1. State the question clearly.
2. Form a guess (hypothesis) that is an answer to the question.
3. Collect information
 - a. by observation
 - b. by experiment
4. Record the information (charts, graphs, etc.).
5. Compile the results.
6. State conclusion. (Answer based on results.)
7. Apply the answer to other problems.

Where "Do You Know How You Grow?"
has been heard.

"Do You Know How You Grow?" has been played for kindergarten and first grade classes. The children answered questions as they were asked on the record. They sang along during the choruses of the songs. The questions they asked after the record was played indicated that they understood and were interested in what they had heard. Some of the children's questions have been included in the guide questions listed under each song.

"Your Blood Is Like a Railroad Train" and "Your Tongue Goes Walking" were performed by Roxana Alsberg at a children's concert in Evanston, Illinois. The children ranged in age from four to twelve years and they were accompanied by their parents. Both parents and children imitated the sounds and repeated the choruses of the songs.

The parents and the teachers for whom we have played parts of "Do You Know How You Grow?" said it was an entertaining way to learn about growing.

Credits for "Do You Know How You Grow? Inside"

Words and Lyrics - Isabel S. Abrams

Music and Additional Lyrics - Roxana Alsberg

Narrator - Joseph G. Moore

Singer-Guitarist - Roxana Alsberg

Assisted by the children: Meryl Abrams, Vivien Alsberg, Anita Katzman, Donna Shryer, Tracy Shryer, Laurel Abrams, Keith Alsberg, Carol Shryer

Special thanks to:

Dan Tucker, a composer who transcribed our music.

Elaine Lowenthal, speech therapist

Allen Abrams, courier, business manager, child supervisor

Frank Alsberg, child supervisor, technician, photographer

Gilbert Nathan, legal advisor

DO
YOU
KNOW
HOW

YOU
GROW
?
INSIDE

Do You Know How You Grow?
Inside

Words and Lyrics: Isabel S. Abrams
Music and Additional Lyrics: Roxana Alsberg
Narrator: Joseph G. Moore

Side A

Do you know how you grow?
You can grow tall or you can
grow fat. You can become
larger all over or only parts
of you may grow. You can
grow quickly or you can grow
slowly. There are many ways
to grow.

Song: See How I Grow

See how I grow.
See how I grow.
Sometimes fast.
Sometimes slow.
I grow tall.
I grow wide.
I grow outside and inside.
See how I grow.
See how I grow.
I'll be big someday you know.
Very very big some day you
know.

- Reprise

Do you know how long it will
take you to become as large as
you will ever be? About twenty
years. If that seems like a
long time, remember that you
started out as a very tiny baby.
You ate a lot when you were a
baby so you began to grow
larger. Soon, you were able
to do more things.

Song: When You Were New

When you were new you were
so small
You hardly could be seen at all.
You drank.
You cried.
You slept a lot.
You were a teeny tiny tot.
You were a teeny tiny tot. *

Before long, you began to
grow.
And you began to laugh, "Ho!
Ho!"
You ate.
You crawled.
You raised your head.
You didn't want to stay in bed.
You didn't want to stay in bed. *
in bed.

And now that you are bigger yet
Your baby ways you do forget.
You talk.
You sing.
You jump and run.
You do things that are lots of
fun.
You do things that are lots of
fun.

But, when you were new you
were so small
You hardly could be seen at all.
You drank.
You cried.
Wore diapers too.
So many things have changed
with you. (Repeat last line)

Do you know what makes you
grow? Why, food, of course.
Some foods, like sweet des-
serts and bread or cereal are
used by your body to give you
the energy to run, or think, or
do anything at all. Meat, eggs,
and milk help you grow, be-
cause they're made of the same
things you're made of.

Song: Three Meals a Day

I sit down for three meals a
day
My breakfast, lunch, and
dinner.
I eat all the food that's on my
plate
And then I'm called "the win-
ner".

Chorus

I swallow all the food I eat
From grapefruit sour to
honey sweet.

Good foods have vitamins
for me.
They make me peppy as can
be. Yippee! *

At breakfast I have eggs and
toast
To start the day just right.
I'm always hungry as I can be
For I don't eat all night.

I chew on carrots and celery sticks,
I like to hear them crunch.
I ask my Mom for vegetables
When I sit down for lunch.

For dinner, Mommy cooks
good meat.
Or fish to help me grow.
Then I eat a delicious dessert
For energy to go.

I like to snack on milk and
cheese
Though I like fruit the best.
But Mommy thinks I'm a sticky
mess
With pudding on my chest.

* Underlined words sung by
group.

Eating is just the beginning
of growing. Your food must
be digested before it becomes
part of you. Everything you
eat is broken into smaller and
smaller pieces inside a long
tube called your digestive tract.
When your food is digested it is
broken into such tiny pieces
that you can't even see them.

Song: What Do I Do?
Digest!

When I eat a fig that's big
What do I do? Digest! *
When I suck a treat that's
sweet
What do I do? Digest! *

Chorus

Digest! Digest!
My food breaks up in
pieces.

Digest! Hey! Hey!
Digest! Hey! Hey!
My food breaks up in
pieces. *

When I chew a bean that's
green
What do I do? Digest!
When I gobble the fish from
the dish
What do I do? Digest!

When I sip some drink that's
pink
What do I do? Digest!
When I eat the cake I bake
What do I do? Digest!

When I swallow rice that's
nice
What do I do? Digest!
When I lick a peppermint
stick
What do I do? Digest!

*Underlined words are sung by
group.

Side B

Your food is digested while it
takes the long trip through a
long, winding tube called your
digestive tract. When you
swallow your food, it goes into
your digestive tract. Your food
goes through a tube in your neck
that leads down to your stomach.

Song: When I Swallow

When I swallow my food
It slides down a tube
That goes through my neck to
my stomach.
It rests a while.
Digests a while
And then it leaves my stomach.
Then it goes down a tube,
Such a very long tube,
That's coiled up round and
round.
Amazing things start happening
To that food going slowly round
and round.
Food going slowly round, and
round, and round, and
round and round.

As it goes through the long
coiled tube called your digestive
tract, your food is ground up
into smaller and smaller pieces.
When the pieces of food are
small enough, they squeeze
through the wall of the tube and
go into your blood. Your blood
is like a railroad train that
travels on tracks to every part
of your body.

Song: Your Blood Is Like
A Railroad Train

Chorus

Your blood is like a railroad
train
It carries food right to your
brain.

Your blood is like a railroad
train.

Blood is pushed by your heart
To help your body stop and start.

Narrative - see script
From your lungs blood carries
air
To your body everywhere.

Your blood takes food you eat
To your head and to your feet.
Narrative - see script
Blood travels on a track
Round your body and right back.

Your blood is traveling through
Every single part of you.

(Spoken during song: Your
blood carries air and food to
every part of you. It also takes
away your body's wastes, - the
things your body shouldn't keep.
... Your blood travels on tracks
called blood vessels that go to
every part of you. Your heart
pumps blood into smaller and
smaller tracks that go every-
where in your body. Food and
oxygen are unloaded and wastes
are picked up by your blood in

the very smallest tracks. That's
how every part of you gets its
food. And that's how wastes
are taken away. Your blood
returns to your heart through
larger and larger tracks. That's
how blood travels all around you.)

Food travels in your blood
just long enough to go where
it's needed. Then, the most
amazing thing happens. If your
hair is going to grow, it takes
the food and changes it. Now
it's not food any more. The
food looks like hair. It feels
like hair. It is hair...and your
hair has grown longer!

Song: The Food I Eat

Chorus

The food I eat will make me
grow
The food I eat will make me
grow
There's eggs, milk, fish,
cheese, going to my tummy.
It's squashed, rocked, pulled,
pushed, until it looks all
funny.

The nicest thing of all, you see *
The food I eat turns into me! *

I choose the things I eat with
care
Because they'll be my teeth and
hair.

I always try to eat my meat
It helps to grow strong hands
and feet.

And when I take my vitamin
It turns into a healthy skin.

Drinking milk is always smart
Milk helps to build my lungs and
heart.

I'm careful what I choose to chew
For food becomes my inside too.

* Sung by group.

Isn't it wonderful how food makes you grow? The things you eat are made smaller and smaller in your digestive tract. Then, the tiny pieces of food travel in your blood everywhere in your body. The food is changed so it becomes part of you. It becomes your heart and your bones and your head and your toes. It becomes your inside and your outside too. That's how you grow bigger all over!

Song: See How I Grow
(Reprise)

(GROUP)

That's how we grow. *
That's how we grow. *
Sometimes, fast.
Sometimes slow.
We grow tall.
We grow wide.
We grow outside and inside.

(GROUP)

That's how we grow.
That's how we grow.
We'll be big some day
you know.
We're getting bigger every
day you know.

* Underlined words sung by group.

Guide Questions for "Do You Know How You Grow? - Inside"

See How I Grow

1. Can you grow when you want to and can you stop when you want to?
2. Does everything grow? Does a chair? A giraffe? A rock? A house? A rose?
3. How do you grow?
4. Where do you grow?

Collect baby pictures. Compare them with your present size.

Collect pictures of things that grow and things that don't grow.

Classify them as living, dead, or non-living.

When You Were New

1. What things can you do when you are newborn?
2. What things do you do as you grow older?
3. Do you learn how to breathe? To walk? To make sounds? To talk? To write?
4. How does going to school help you do more things?
5. Can other animals learn? Can plants learn to do new things?

Make a chart showing the things you can do as a newborn and the things you learn to do.

Draw pictures of what animals and plants do.

Three Meals A Day

1. Why do you eat?
2. What foods are best for growing?
3. What foods give lots of energy? How do they give energy?
4. Why do you need high energy foods?
5. What foods have vitamins? What do vitamins do?

Keep a chart of what you eat. Is it a well balanced diet? Cut pictures of food from a magazine to show a balanced diet.

Classify foods - for energy, for growing.

What Do I Eat? Digest!

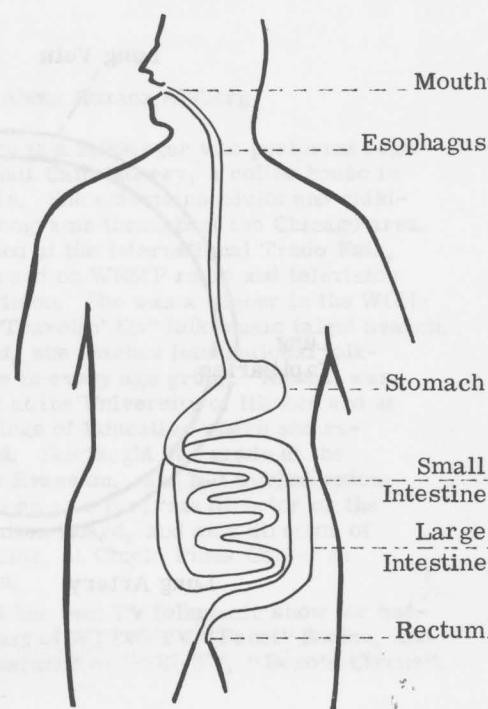
1. What foods are digested?
2. What is digestion?
3. Where does digestion occur?
4. If you swallow a seed, will it grow in your stomach? Why?

When I Swallow

1. Why do you chew your food?
2. How do you swallow?
3. Where does food go in your body? How does it get there?
4. What happens in your digestive tract?
5. What are the parts of your digestive tract? What happens in each part?

Draw the parts of the digestive tract.

Learn about the different kinds of teeth and how they break food.



Your Blood Is Like A Railroad Train

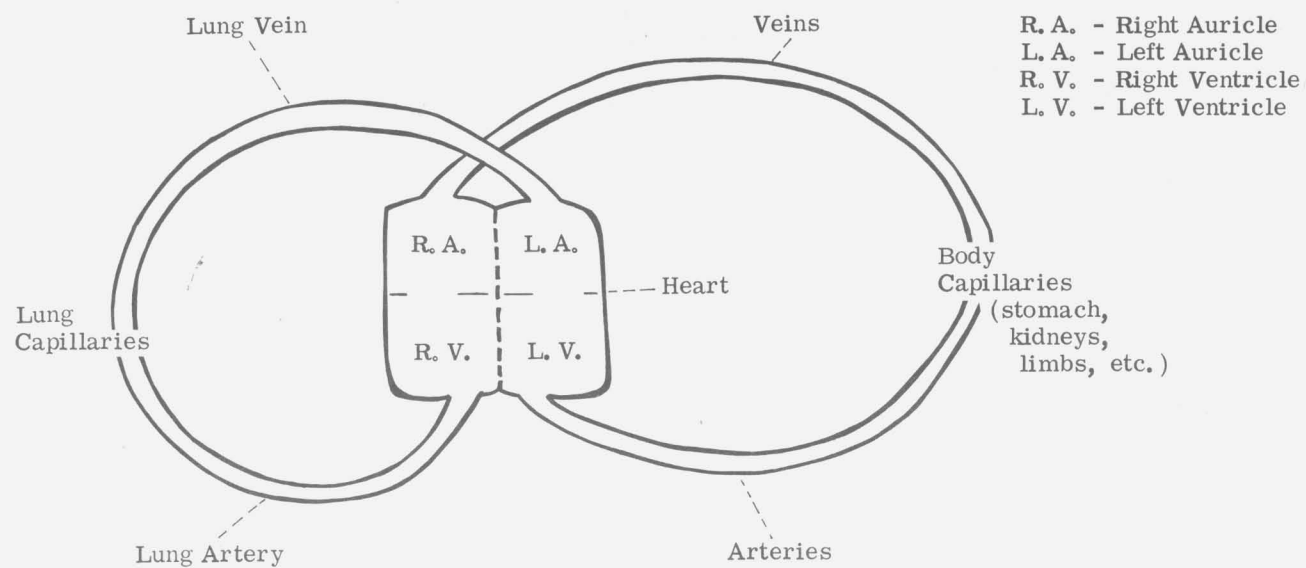
1. Where does blood go in your body?
2. How does your blood move?
3. What are the "tracks" blood travels on called? (Arteries, veins, capillaries - blood vessels) In what direction does blood travel? How are they different?

4. What does blood get from your lungs?
5. What does blood take to every part of you?
6. What does blood take away from every part of you?

Draw pictures to show how blood travels.

Make a railroad train called "Blood". Show the things it carries.

Show where it goes in the body.



The Food I Eat

1. What happens to food inside you?
2. How will food make you grow?
3. Suppose you ate a cheese sandwich for lunch. What happens to that cheese sandwich before you can grow?
4. If you eat a lot of cheese sandwiches, will you begin to look like a big piece of cheese? Why?

About Isabel Abrams

Isabel Abrams is a biology teacher who writes science articles for children. She was on the faculty at the University of Illinois, Navy Pier where she taught General Biology. At Loyola University, she taught Zoology, Embryology, and Comparative Anatomy. She taught science at Rolla Jr. High School in Missouri and biology at Waller High School in Chicago. She also substituted in Chicago elementary schools. Isabel has done medical research at Mt. Sinai Hospital and Chicago Wesley Memorial Hospital. She received her A. B. in Biology and her M. S. in Zoology from the University of Michigan. As an undergraduate, she was awarded a teaching assistantship in Botany. She also won honorable mention in the Westinghouse Science Talent Search.



About Roxana Alsberg

Roxana Alsberg is a folksinger who performs regularly at the No Exit Cafe Gallery, a coffee house in Evanston, Illinois. She entertains adults and children in concert programs throughout the Chicago area. She has performed at the International Trade Fair, the Gate of Horn and on WNMP radio and television and WTTW television. She was a winner in the WGN-TV nationwide "Travelin' On" folk music talent search. With her husband, she teaches international folk-dancing to people in every age group. Roxana was an honor student at the University of Illinois and at the National College of Education where she received her B. Ed. She taught 3rd grade at the Oakton School in Evanston. She had worked extensively with children as a program director on the Wilmette Recreation Board, and as a director of folk music, dancing, at Circle Pines Center in Delton, Michigan.

Recently had her own TV folkmusic show for one-half hour as a part of WTTW-TV "Facet" Series, and made guest appearance on WGN-TV, "Bozo's Circus".



About Joseph G. Moore

Joseph Moore is the proprietor of the No Exit Cafe Gallery, Inc., in Evanston, Illinois. He was the villain of "For Kids Only" a half hour, six day a week children's show on WBRZ-TV Baton Rouge, Louisiana. He has been a staff announcer on KROF radio in Abbeville, Louisiana and KLFY radio and television in Lafayette, Louisiana. He has also been on the staff at WNMP in Evanston. Joe studied at Kendall College. His hobbies include chess, sports car racing, and folk music. His first contact with show business was in Evansville, Indiana at the age of ten when Joe was a choirboy in the third act of a road show performance of "The Man Who Came to Dinner."

