

Family Field Trip

The Food Song

National Park Service
U. S. Department of the Interior



Rocky Mountain National Park
Colorado

Plan and Prepare:

Always follow the guidance of the CDC, local and state authorities when planning your activities.

Check [current road and weather conditions](#) in the park and be prepared for the weather.

Download a map of the park [here](#).

Respect Wildlife:

Watch wildlife from a distance. Never feed animals.

Dispose of Waste Properly:

Use restrooms or step away from the trail and bury waste at least 6 inches deep. Carry out all trash including toilet paper.

Leave What You Find:

This includes rocks, pinecones, and flowers.

Be Considerate of Other Visitors:

Share the trail and use quiet voices.



Welcome! This family field trip guide provides an opportunity for parents and their students to explore Rocky Mountain National Park and connect learning to Colorado State Educational Standards. While each activity is listed as a specific grade level, the whole family can participate. Parents are encouraged to read the additional resources and bring the materials listed so that they can support their students' learning. During busy times, arriving early avoids crowds.

Supported Grade Level Standard: Kindergarten, Life Science Standard 2

"To live and grow, animals obtain food they need from plants or other animals, and plants need water and light."

Objective: Through learning the Food Song, students will be able to answer questions about the means by which plants and animals live and grow.

Duration: 30 - 60 min

Location: Moraine Park Discovery Center Amphitheater / Moraine Park picnic tables

(Consider coming to the park before 8am or after 2pm, as you're less likely to encounter congestion around the entrance, and more likely to find available parking.)

Materials: Pack a meal! Make sure to include items from different food groups, so comparisons can be made between the foods in the song and the foods you're eating. See additional resources below for [field meal suggestions](#) from the RMNP Education Rangers!

Engage: Excite your student by letting them know you're going into the park for a picnic, and you're going to learn a new song together!

Explore: Learn and sing the Food Song together (can be sung to the tune of "Itsy Bitsy Spider").

The mighty mountain lion is a hungry dude, He's gotta live and grow so he's gotta find some food. He eats the other animals, some might say it's rude, but the mighty mountain lion has gotta eat too!

The Cottontail rabbit hopped along the trail. He found some little plants and wagged his rabbit tail. He loves to eat the leaves, the roots and the grass, that's how he gets his energy and hops around so fast!

The Aspen is a tree that grows up big and strong. It soaks up the water and light from the sun. The roots are in the ground and the branches in the sky, the Aspen tree needs water and light to get by!

You and I are people and we eat all kinds of food. Sometimes we drink and other times we chew. No matter what we eat, we'll use it for fuel, so we gotta eat our fruits and our veggies too.

Living and growing isn't all that tough. All you need is food and that'll be enough! As long as you can eat you can get your energy, and be able to sing songs and learn with you and me.

Explain: After some discussion, enjoy some food in the field with your student. It could be a morning meal, a sunset snack, or a lunch! Make sure to practice Leave No Trace principles.

Elaborate: Make comparisons to the food you're eating with your student, and the food that the animals eat in the song. Explain that we all need food to live and grow, and plants need water and light!

Evaluate: Ask your student if they can name what types of food each animal from the song eats, and how they get their energy. Ask if they know what an Aspen tree "soaks up" in order to grow.