

If you're in the kitchen cooking...

This should be sung to the tune of 'If you're happy and you know it'.
There is also a series of actions to accompany the song below each verse!

If you're in the kitchen cooking
Clean the tops

(Do a cleaning / scrubbing action)

If you're in the kitchen cooking
Clean the tops

(Do a cleaning / scrubbing action)

If you're in the kitchen cooking
Make sure it's clean because Seeds is looking
If you're in the kitchen cooking
Clean the tops

(Do a cleaning / scrubbing action)

If you're in the kitchen cooking
Tie up your hair

(Pretend to tie up hair)

If you're in the kitchen cooking
Tie up your hair

(Pretend to tie up hair)

If you're in the kitchen cooking
Make sure it's tied back because Seeds is looking
If you're in the kitchen cooking
Tie up your hair

(Pretend to tie up hair)

If you're in the kitchen cooking
Take off your jewellery

(Pretend to take off jewellery)



If you're in the kitchen cooking...

If you're in the kitchen cooking
Take off your jewellery
(Pretend to take off jewellery)

If you're in the kitchen cooking
Make sure it's off because Seeds is looking
If you're in the kitchen cooking
Take off your jewellery
(Pretend to take off jewellery)

If you're in the kitchen cooking
Wash your hands
(Pretend to wash hands)

If you're in the kitchen cooking
Wash your hands
(Pretend to wash hands)

If you're in the kitchen cooking
Make sure hands are clean because Seeds is looking
If you're in the kitchen cooking
Wash your hands
(Pretend to wash hands)

If you're in the kitchen cooking
Protect your clothes
(Pretend to put on an apron)

If you're in the kitchen cooking
Protect your clothes
(Pretend to put on an apron)



If you're in the kitchen cooking...

If you're in the kitchen cooking
Make sure your apron's on because Seeds is looking
If you're in the kitchen cooking
Protect your clothes
(Pretend to put on an apron)

If you're in the kitchen cooking
Do all five
(Do actions for all five)

If you're in the kitchen cooking
Do all five
(Do actions for all five)

If you're in the kitchen cooking
Make sure for germs you never stop looking
When you're in the kitchen cooking
Do all five
(Do actions for all five)

