

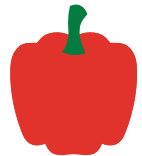
The Food Groove Tab








You've heard the song, now learn to play it!

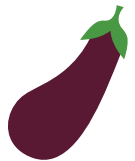
Tablature, or 'tab', is a form of musical notation indicating when and how to play an instrument. Percussion tab is a simplified version that tells you when to play or hit your percussion instrument - in this case your vegetables!



































The time signature of The Food Groove is 4/4. That means that there are four beats that make up one bar, or 'measure'. The easiest way to remember this is to count it out loud. Try it now: one and two and three and four and... then back to the one. You'll see that we've included these counts on the tab below so that you can count it out while you play along. The Food Groove video will help you get started!



	1 + 2 + 3 + 4 +	1 + 2 + 3 + 4 +	1 + 2 + 3 + 4 +	1 + 2 + 3 + 4 +	1 + 2 + 3 + 4 +	1 + 2 + 3 + 4 +	1 + 2 + 3 + 4 +
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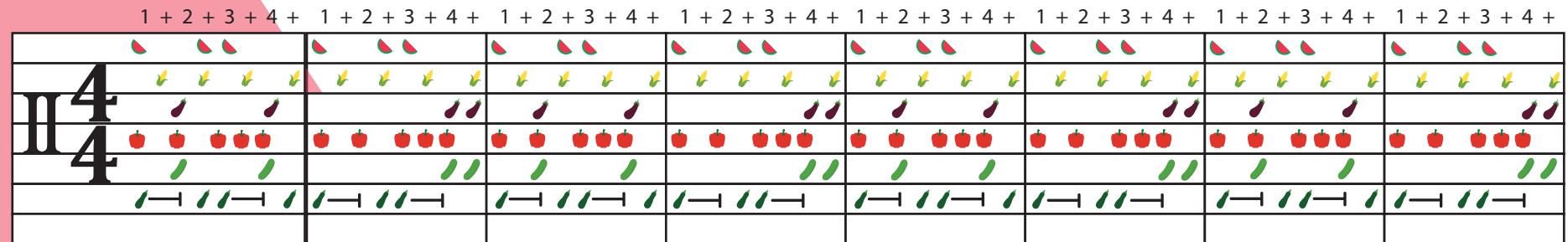
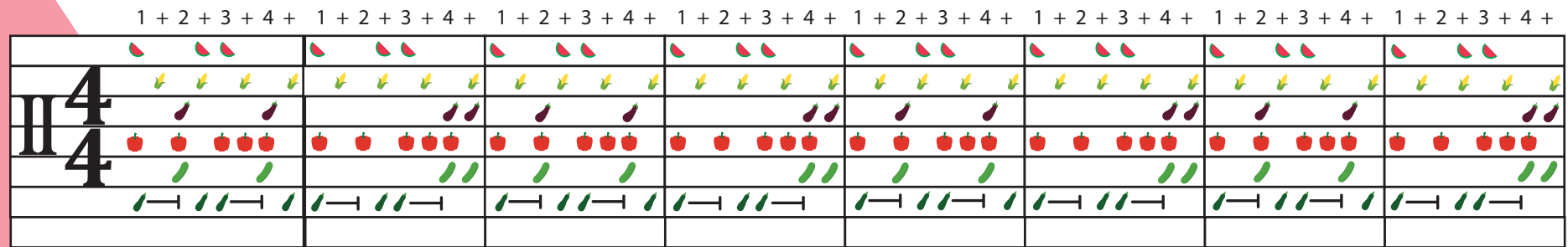
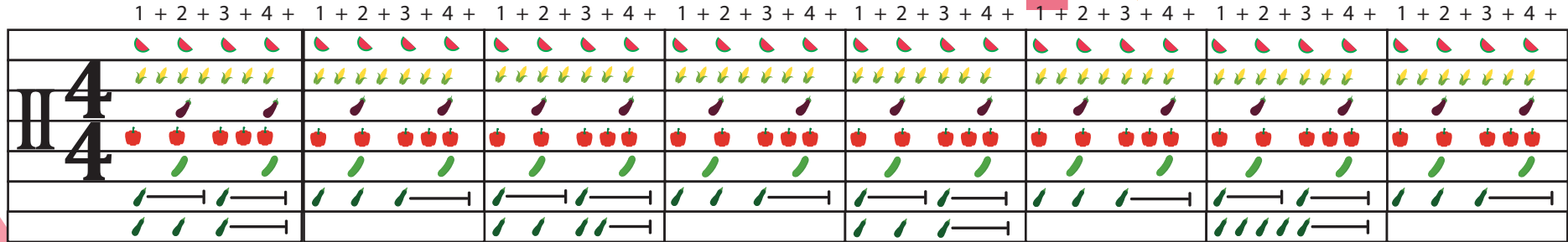
	1 + 2 + 3 + 4 +	1 + 2 + 3 + 4 +	1 + 2 + 3 + 4 +	1 + 2 + 3 + 4 +	1 + 2 + 3 + 4 +	1 + 2 + 3 + 4 +	1 + 2 + 3 + 4 +	1 + 2 + 3 + 4 +
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The a2 Milk Company logo, featuring the text "The a2 Milk Company" in white, with "a2" in a stylized font, set against a purple circular background.

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1	2	3	4	1	2	3	4
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1	2	3	4	1	2	3	4
1	2	3	4	1	2	3	4
1	2	3	4	1	2	3	4
1	2	3	4	1	2	3	4
1	2	3	4	1	2	3	4

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	1 + 2 + 3 + 4 +	1 + 2 + 3 + 4 +	1 + 2 + 3 + 4 +	1 + 2 + 3 + 4 +	1 + 2 + 3 + 4 +	1 + 2 + 3 + 4 +	1 + 2 + 3 + 4 +	1 + 2 + 3 + 4 +
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