

<b>Title:</b>	<b>Rik, rak, koekies bak</b>		
<b>Origin:</b>	South Africa	<b>Original language:</b>	Afrikaans
<b>Source:</b>	<i>Die eerste treë in musiek, Werkboek 1 deur Dolly Heibergen en Marietjie Steyn</i>	<b>Translated language(s):</b>	



Rik, rak, koe - kies bak. Bring die meel, nie te veel.  
 5  
 Klits die ei - ers gou - gou. Lek - ker eet ons nou - nou.

<b>Tone set:</b>	<b><i>m s</i></b>	<b>Scale:</b>	<i>Bitonal</i>
<b>Form:</b>	A A1 A2 A3	<b>CSP:</b>	F - C
<b>Type of song/Game:</b>	Action song		
<b>Rhythmic elements:</b>	Ta, ti-ti	<b>Meter:</b>	Duple
<b>Melodic elements:</b>	<i>s m</i>		
<b>Harmonic elements:</b>			
<b>Compositional technique:</b>			
<b>Appropriate age level:</b>	Early childhood, Foundation phase (Gr R - 3)		
<b>Teaching purpose:</b>	Present and practise <i>ta, ti-ti</i> Present and practise <i>s m</i>		

### **LYRICS/TEXT**

#### **Meaning of text:**

The lyrics describe the process of baking biscuits.

Rik, rak, (nonsense words), baking cookies  
Bring the flour  
Not too much  
Mix the eggs quickly  
We'll enjoy it just now

### **ACTIVITIES**

Sing the song while keeping a steady beat while clapping or tapping.  
Add creative movements to the words, pretending to do the actions described as you bake cookies.