

# Healthy Kids

*Healthy, happy, Aussie kids,  
Healthy, happy, Aussie! (X2)*

## **Chorus**

*We're healthy, happy, Aussie kids,  
It's how we'd like to stay.  
We eat nutritious, healthy food  
At every meal each day.  
We know that there are five food  
groups,  
So, now we can't go wrong;  
'Cause we know what we must do  
To grow up healthy, fit and strong.*

## **Verse 1**

Vitamins, minerals, good fats,  
Proteins, carbohydrates,  
Help keep bodies healthy, so –  
Put good food on your plates.  
Bodies are like fine machines, let's  
Eat the things we're meant to.  
Fruit is beaut, go use your loaf AND  
Choose what you chomp into!  
Do do do do, da da da.  
Do do do do do.

## **Chorus**

## **Verse 2**

Now, fresh is best to help us work  
And give us energy;  
Good carbs are just great for this, so -  
Don't forget spaghetti!  
Choose from five food groups each day,  
Then your sport you'll master.  
Sugar might give energy, BUT  
Pasta makes us faster!  
Do do do do, da da da.  
Do do do do do.

## **Chorus**

## **Verse 3**

Potato, spinach, mushrooms, peas,  
Can all be most delish!  
Put some on your dinner plate, A –  
Long with yummy fresh fish!  
Lean meat, carrots, eggs and corn,

Onions, cauliflower;  
Knowing what you eat today, WILL  
Walk and talk tomorrow!  
Do do do do, da da da.  
Do do do do do

## **Chorus**

## **Verse 4**

Obey your thirst, put water first,  
Balance is the right key.  
Make some tracks to dairy snacks, TO  
Keep bones and teeth healthy.  
'Cause if you are what you eat,  
When all is said and done,  
I'd rather be an apple, THAN  
A glob of chewing gum!!  
Do do do do, da da da  
Do do do do do.

## **Chorus**

## **Verse 5**

Each day a little exercise,  
Will help us play and learn;  
There really is no better way  
For calories to burn!  
Stop making excuses, 'It's  
Much too cold' or 'Too hot'!  
Move and groove and shake it up AND  
Let's give it our best shot!!  
Do do do do, da da da  
Do do do do do.

## **Chorus**

## **CODA**

*Healthy, happy, Aussie kids,  
Healthy, happy, Aussie!  
Healthy, happy, Aussie kids,  
Healthy, happy kids!*

© 2007 Lyrics by Nuala O'Hanlon. Music by Kathryn Radloff  
Published by Keystone Creations Pty Ltd