

Healthy Kids

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

Chorus

*We're healthy, happy, Healthy 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, Healthy kids,
Healthy, happy, Healthy!
Healthy, happy, Healthy kids,
Healthy, happy kids!*

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