

FIVE FOOD GROUPS

Five food groups that's what I eat
Five food groups every day and every week
Keeping me strong and healthy every day.

Protein and milk
One is a meat
And one is a dairy treat
One's for my muscles
One's for my teeth.

One makes me tall
One's for my bones to grow, oh-oh-oh
Strong and healthy
That's why I eat from the five food groups
Every day and every week.

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Carbohydrates is really great
They give me energy I play all day
Mashed potato, rice and pasta
The more I eat
I will grow faster.

DHA for the brain
So nutritious
Nuts and avocados... mmm delicious
I'm getting smarter every day
Five food groups all the way.

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I love fruit
No more kachoo

Veggies will really taste good too
They make me happy because I feel so good
Eating from the five food groups.

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