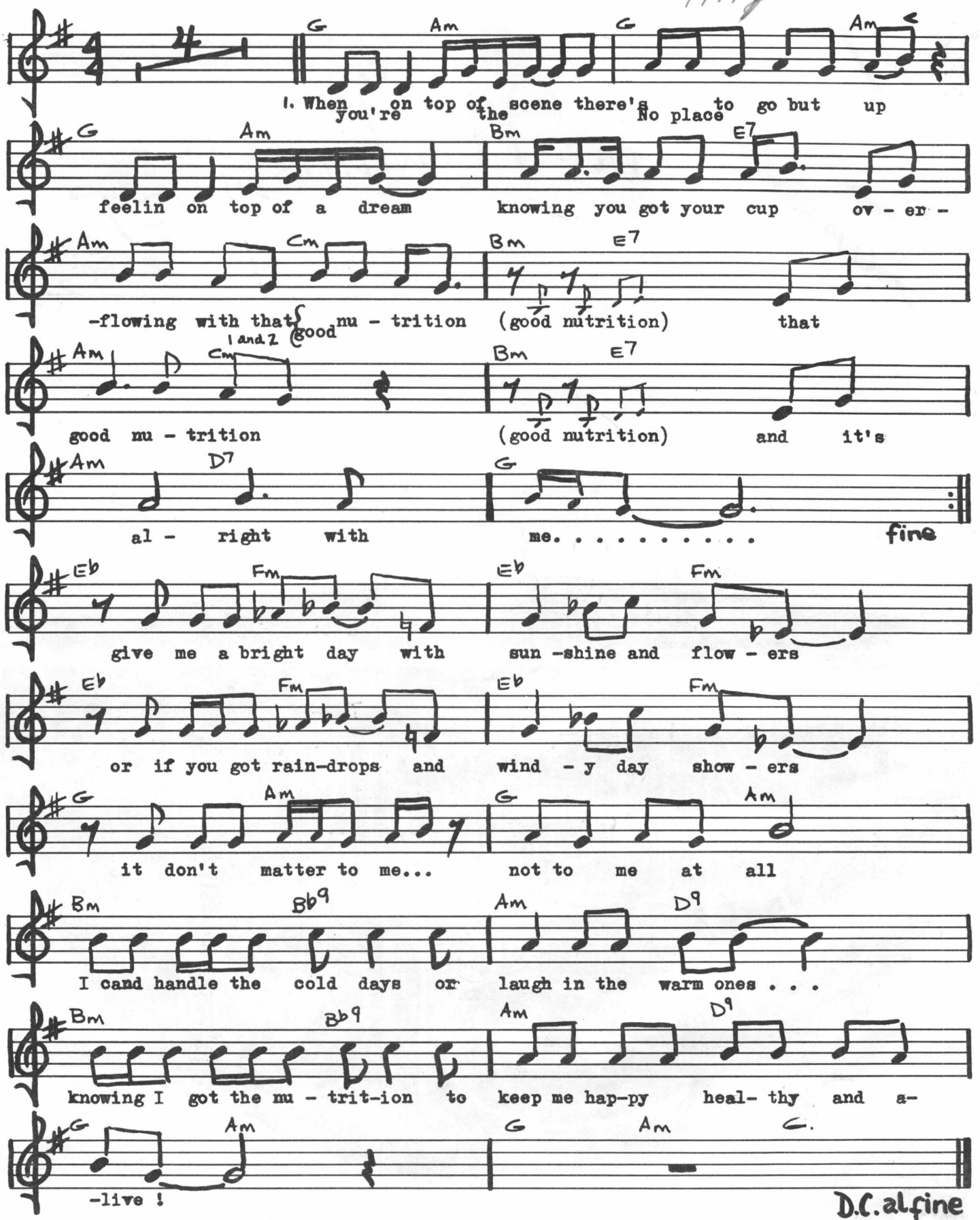
"Songs from Mulligan Stew"

Cooperative Extension Service
Virginia Polytechnic Institute and State University
Virginia State University

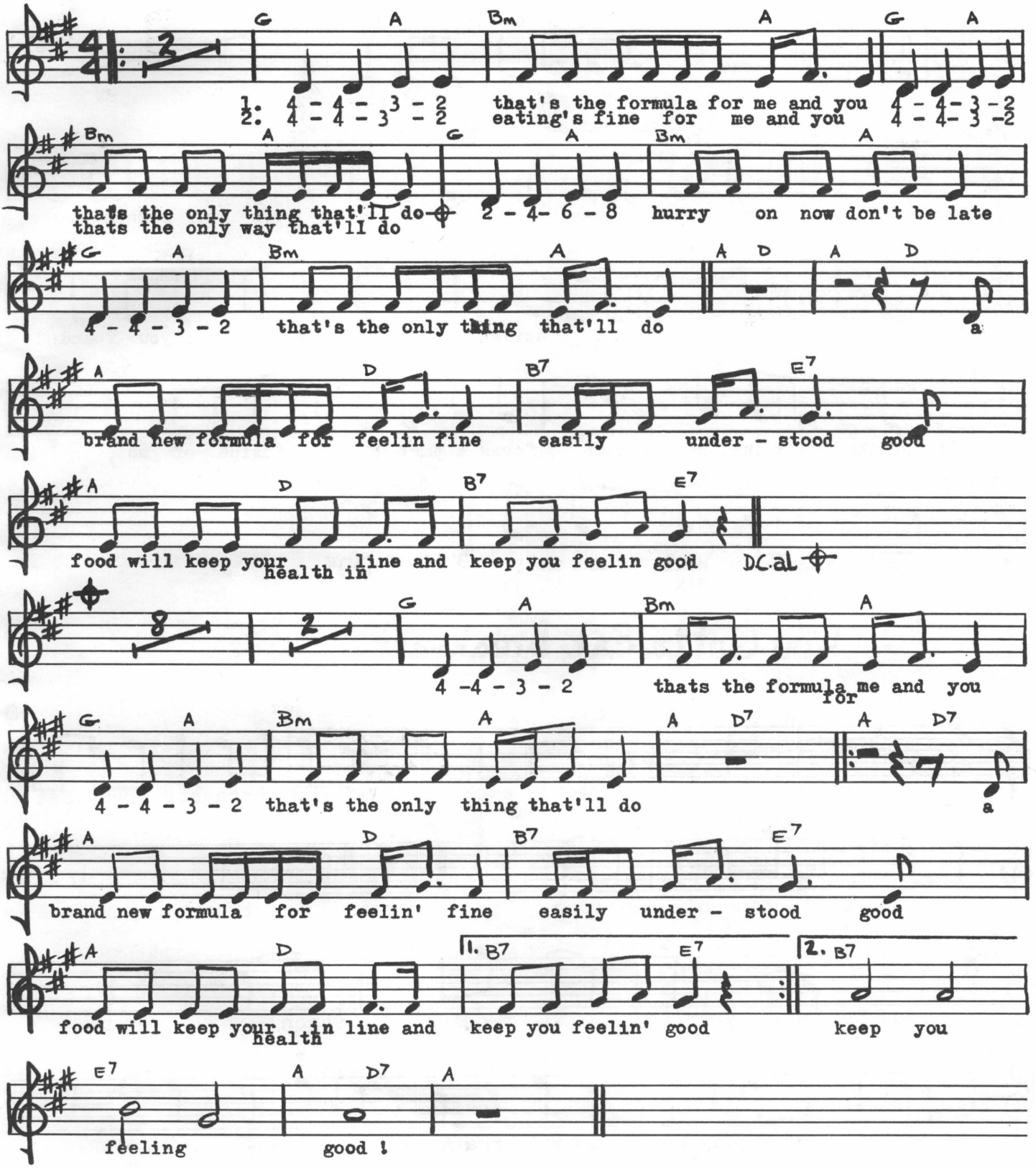
Good Nutrition

LD
5655
A762
1979

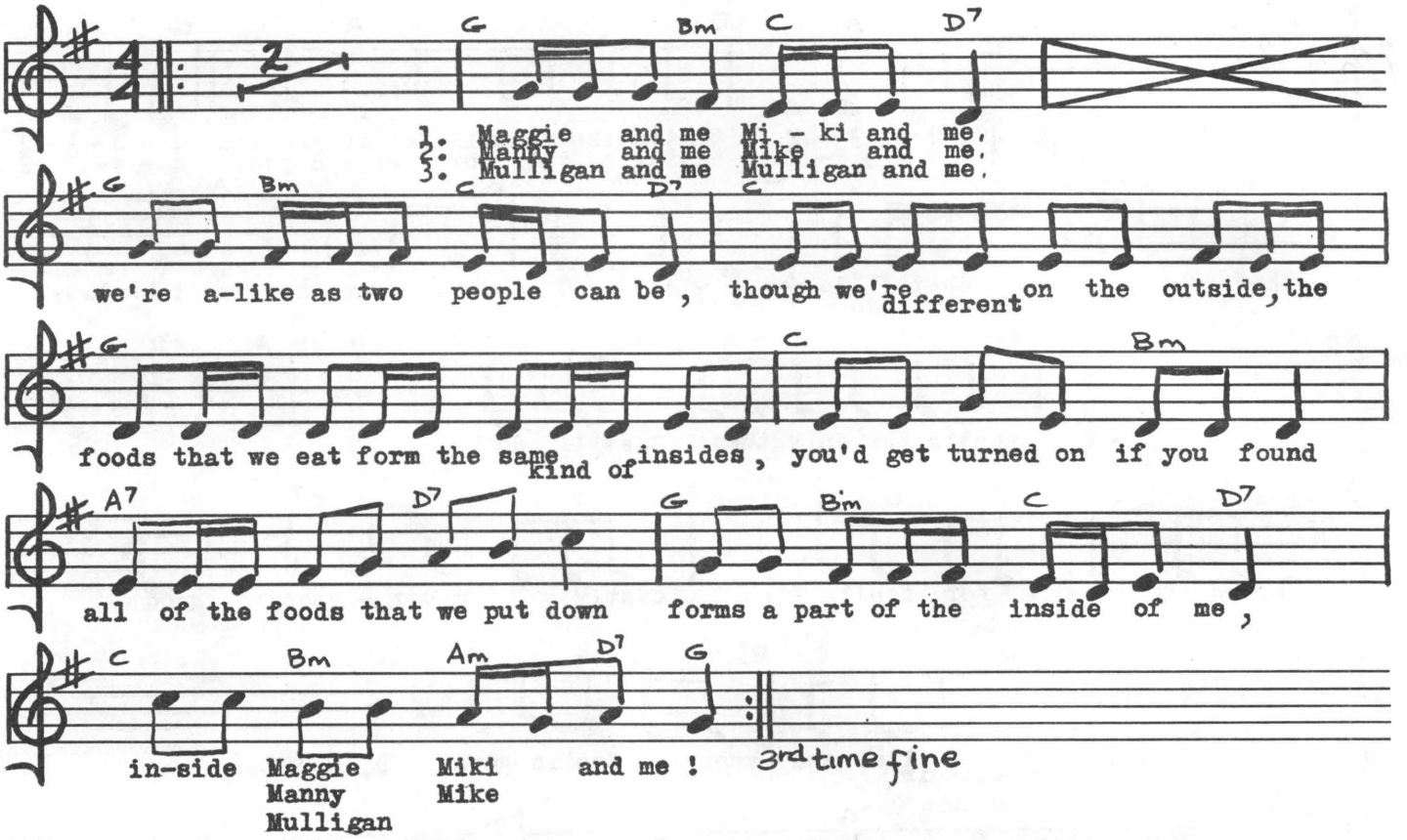


2. When you got love in your heart
there's nothing to do but smile
feelin' so cool and smart
knowing that all the while, you got

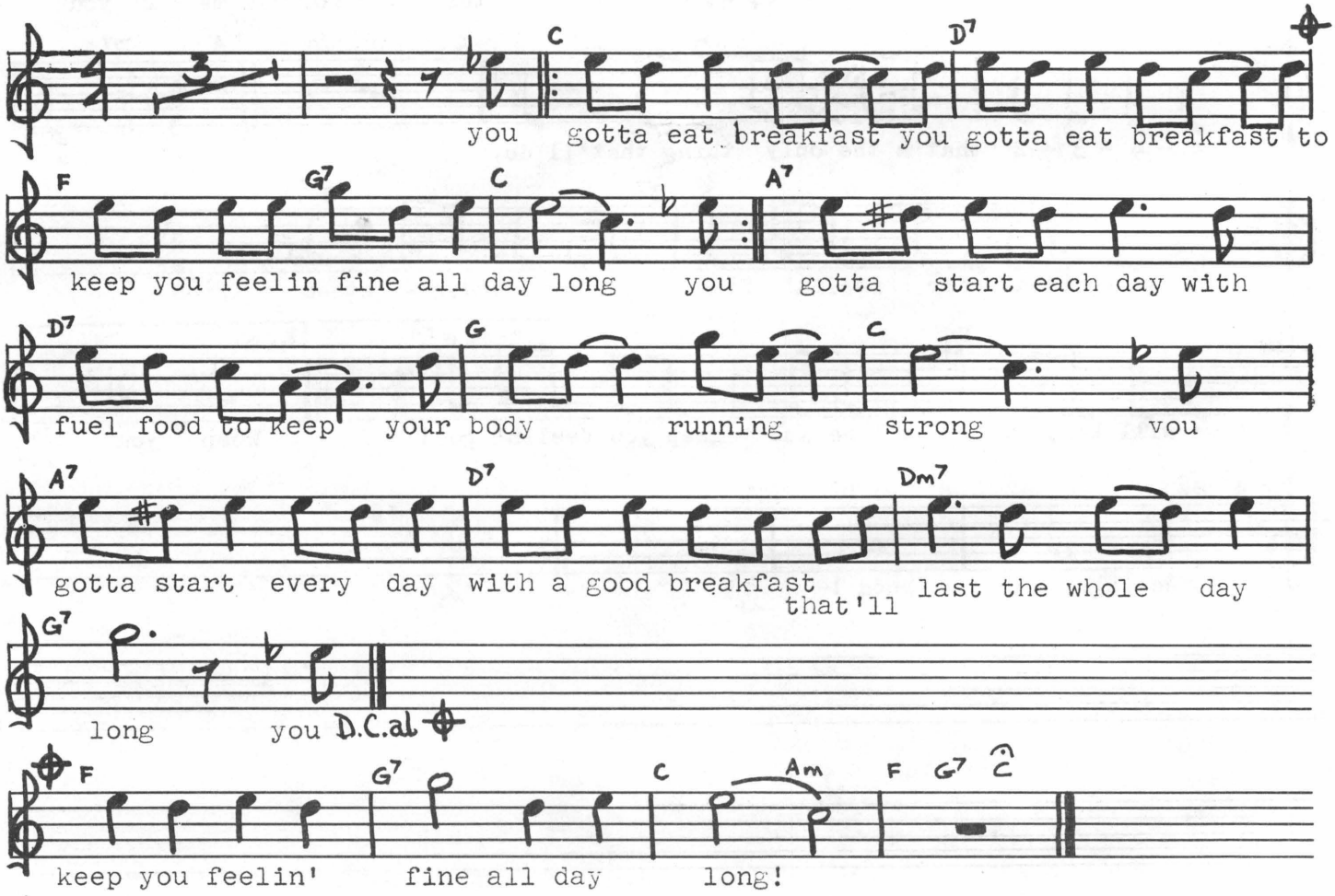
4-4-3-2


G A Bm A G A
1. 4 - 4 - 3 - 2
2. 4 - 4 - 3 - 2
that's the formula for me and you 4 - 4 - 3 - 2
eating's fine for me and you 4 - 4 - 3 - 2
Bm A G A Bm A
thats the only thing that'll do
thats the only way that'll do
2 - 4 - 6 - 8 hurry on now don't be late
G A Bm A A D A D
4 - 4 - 3 - 2 that's the only thing that'll do a
A D B7 E7
brand new formula for feelin fine easily under - stood good
A D B7 E7
food will keep your health in line and keep you feelin good D.C. al
8 2 G A Bm A
4 -4 - 3 - 2 thats the formula for me and you
G A Bm A A D7 A D7
4 - 4 - 3 - 2 that's the only thing that'll do a
A D B7 E7
brand new formula for feelin' fine easily under - stood good
A D 1. B7 E7 2. B7
food will keep your health in line and keep you feelin' good keep you
E7 A D7 A
feeling good !

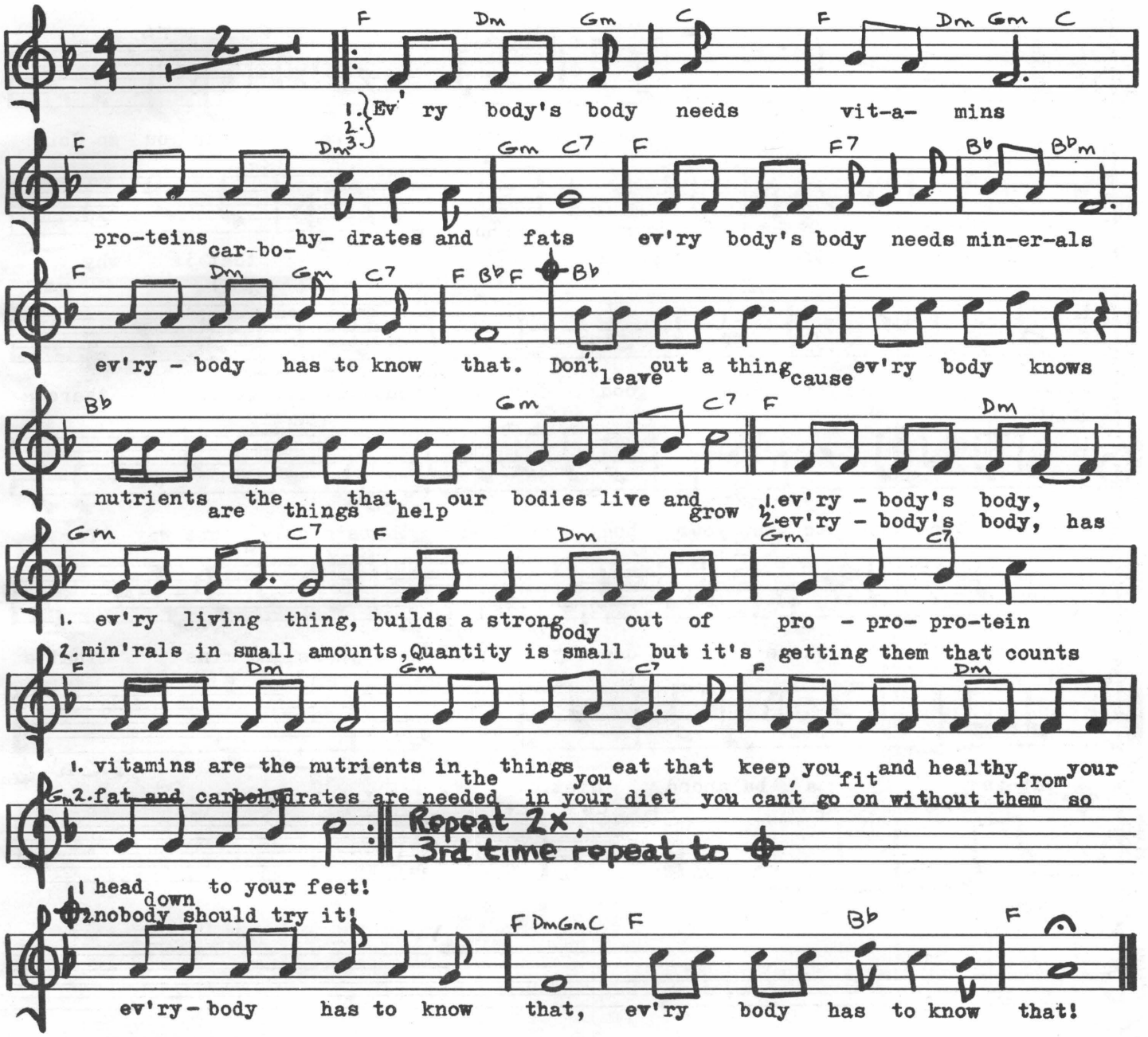
Maggie and Me



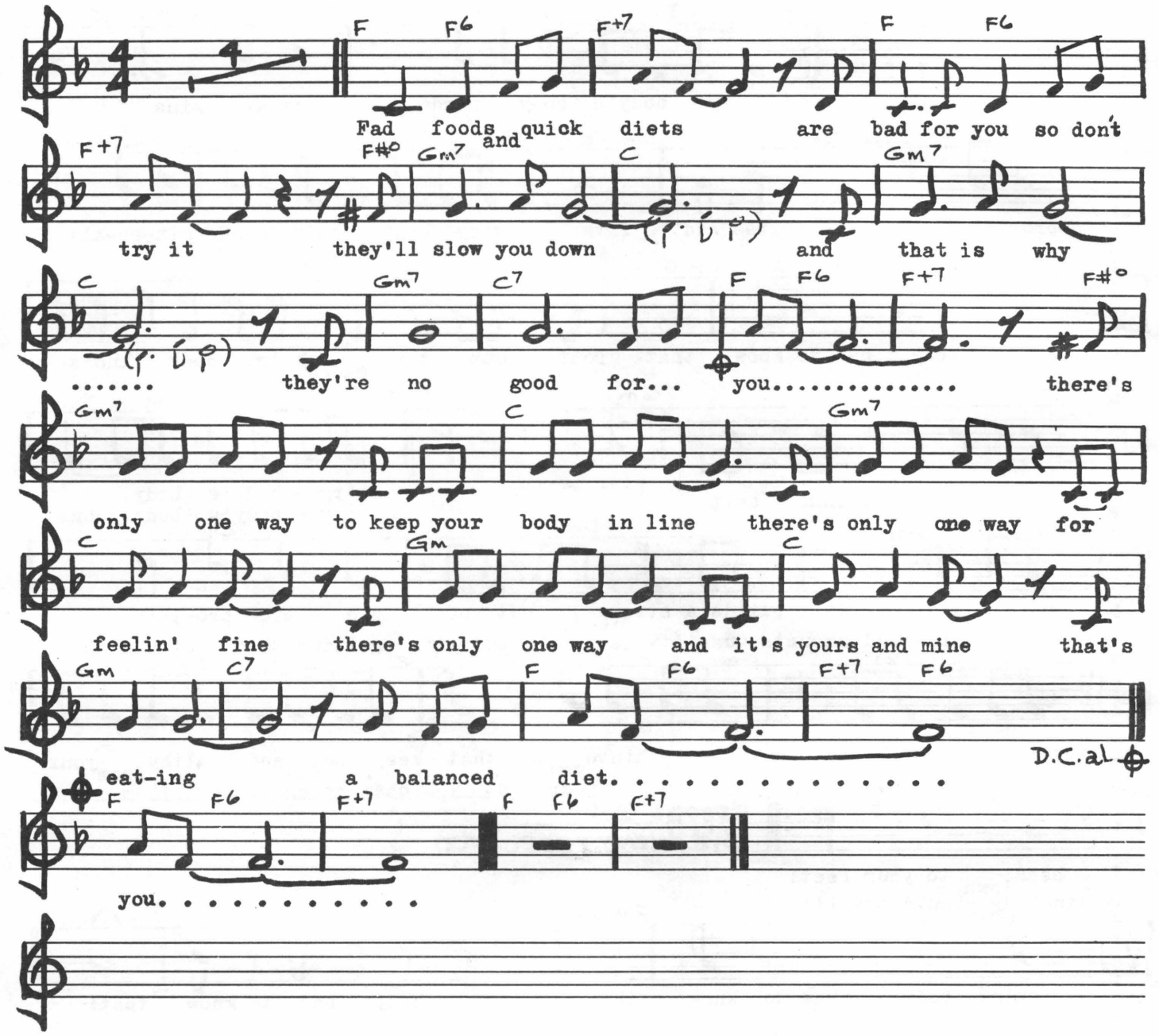
You Gotta Eat Breakfast



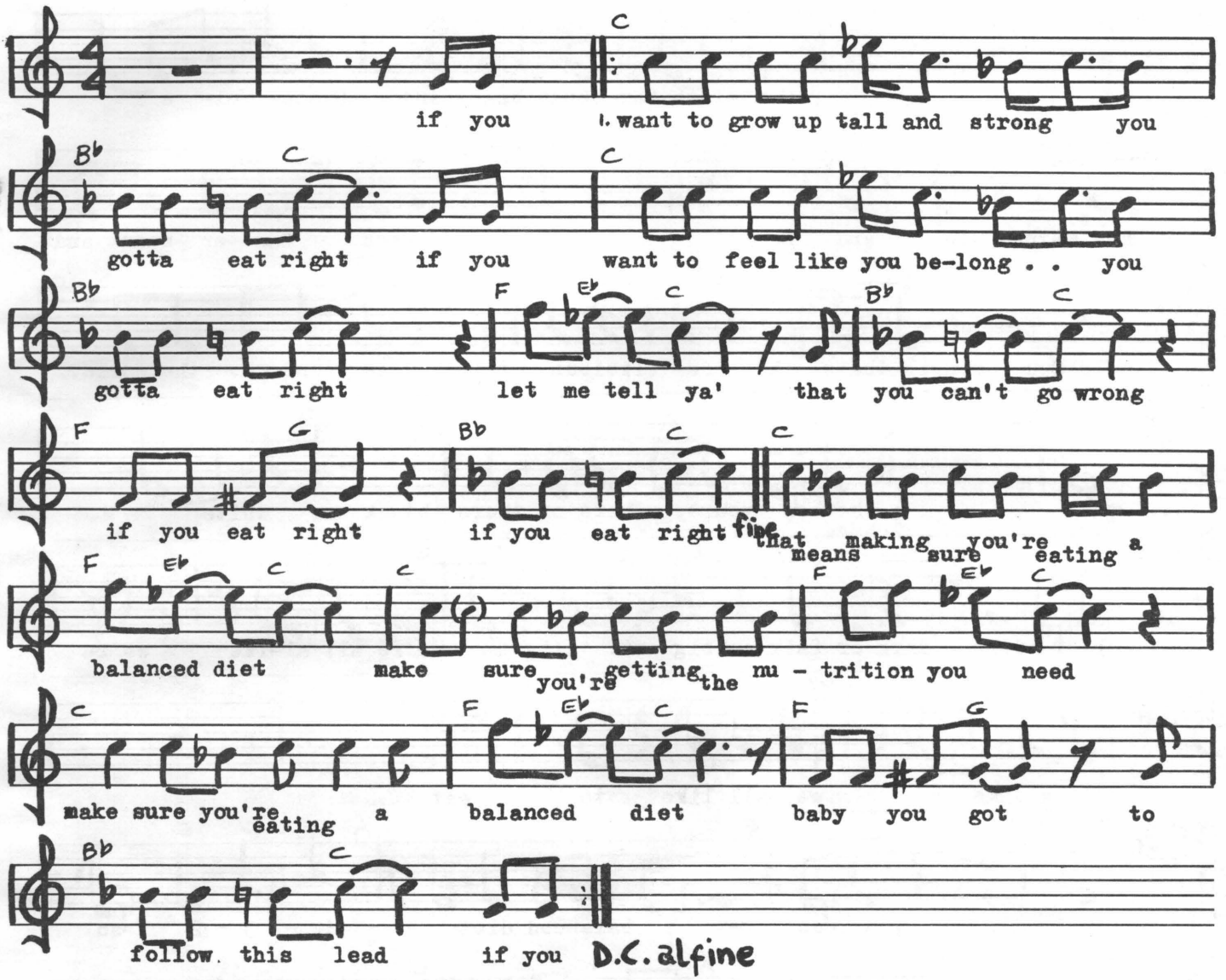
Everybody's Body



fad foods and Quick Diets



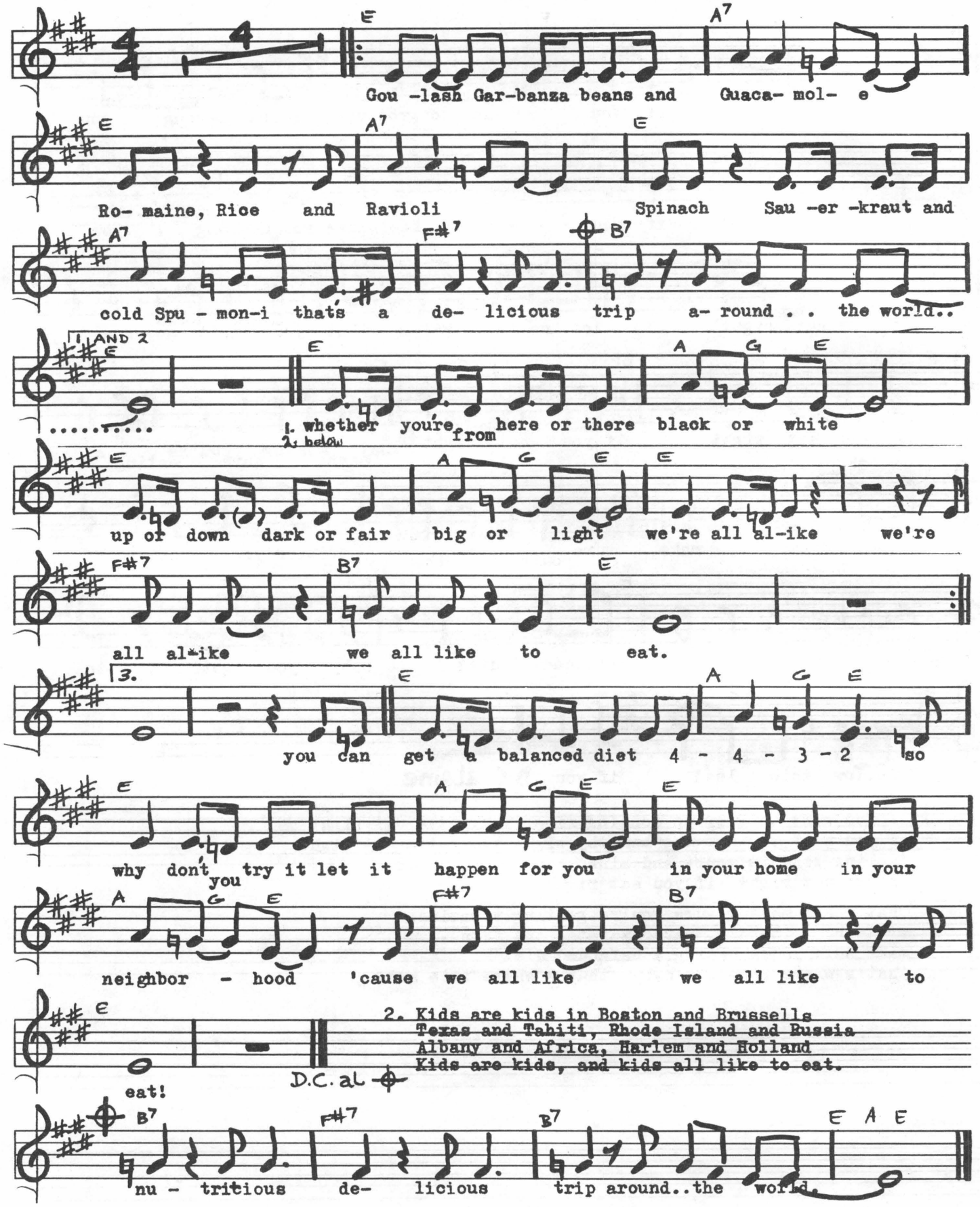
You Gotta Eat Right



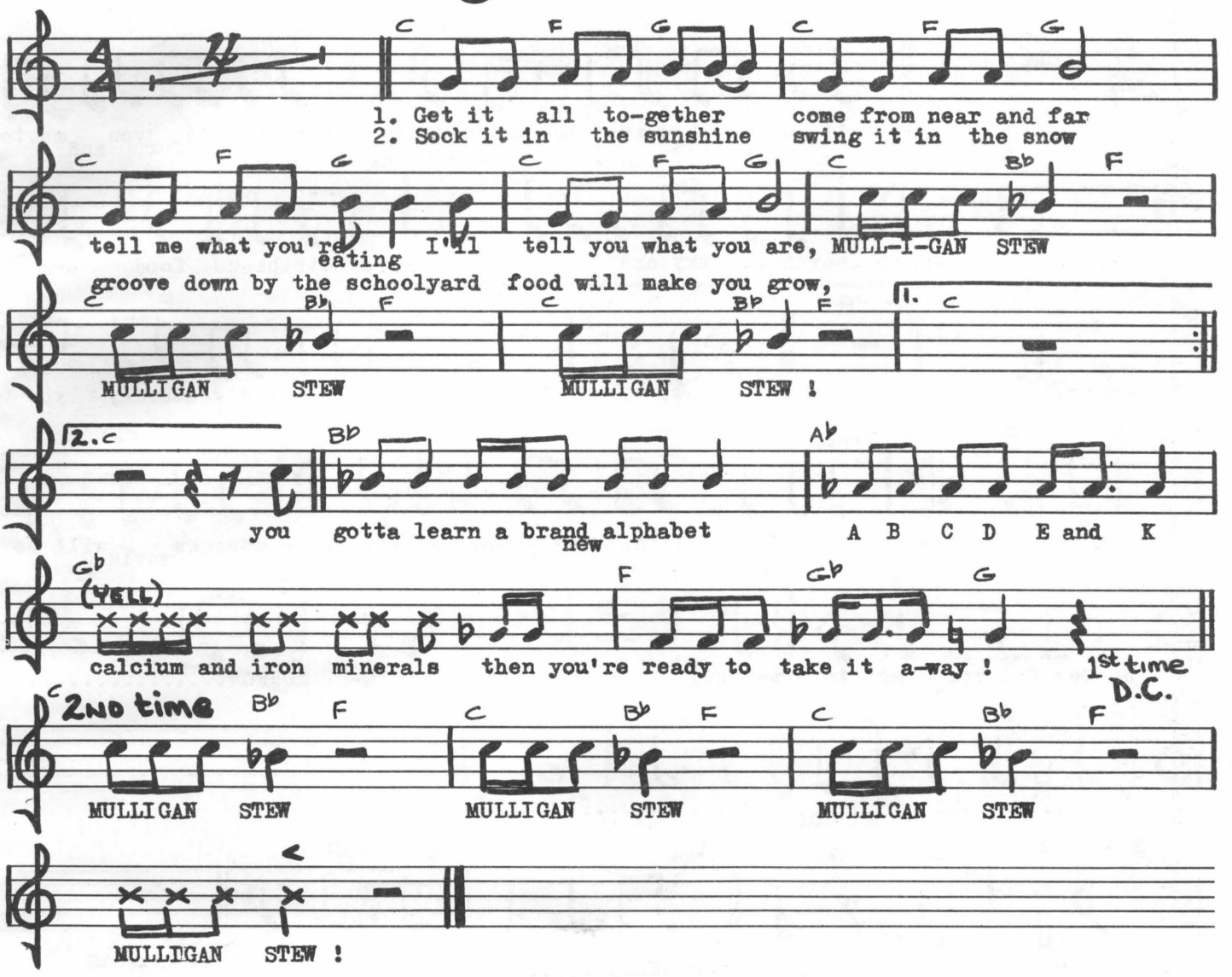
2 If you want to grow up looking fine, you gotta eat right
if you want to know the healthy sign, you gotta eat right
feeling good is yours and mine
if you eat right, if you eat right.

That means making sure you're getting vitamins
proteins, minerals, carbohydrates and fats
make sure you're eating a balanced diet
that's where it's at, baby, that's where it's at!

Goulash, Garbanza Beans & Guacamole



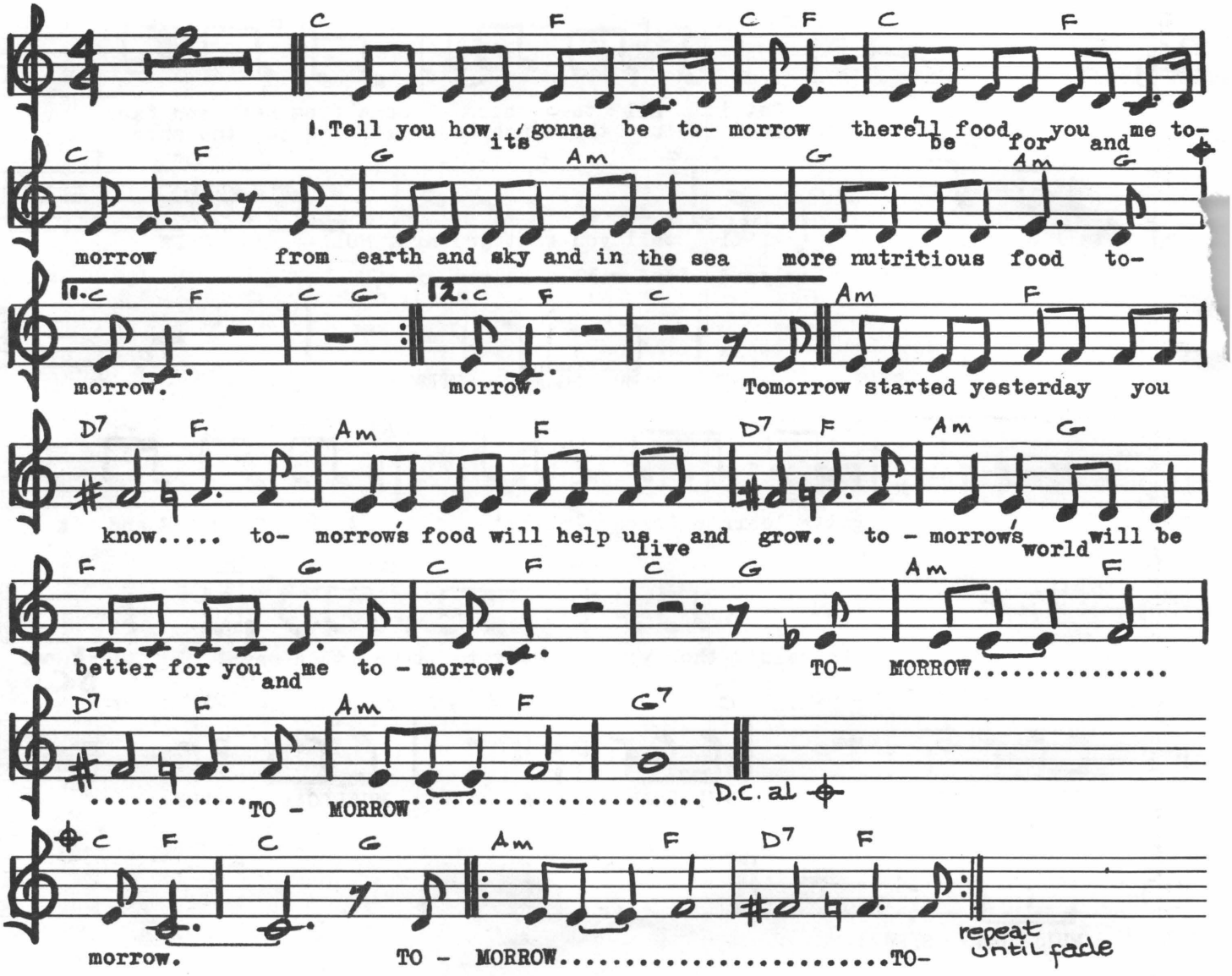
Mulligan Stew Theme



3. You can be a strong man
look and feel fine
eat a balanced diet
go to the head of the line

4. Don't listen to that guy who says
vitamins are no good
you are made of skin and bone
he is made of wood

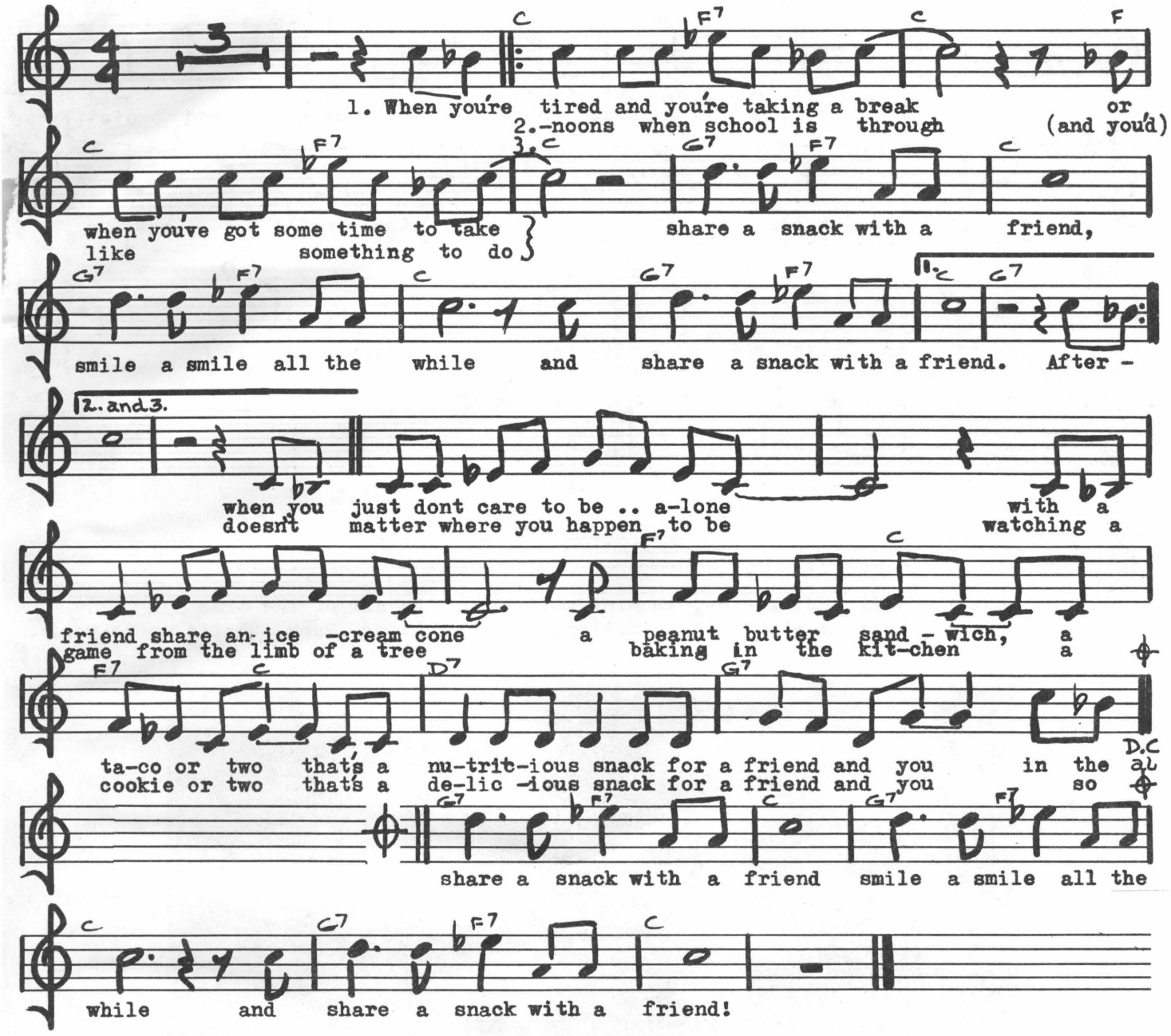
Tomorrow



2. We will find new forms of food tomorrow
freeze-dried, fresh-tasting foods tomorrow
packaged for your every mood, more nutritious food tomorrow

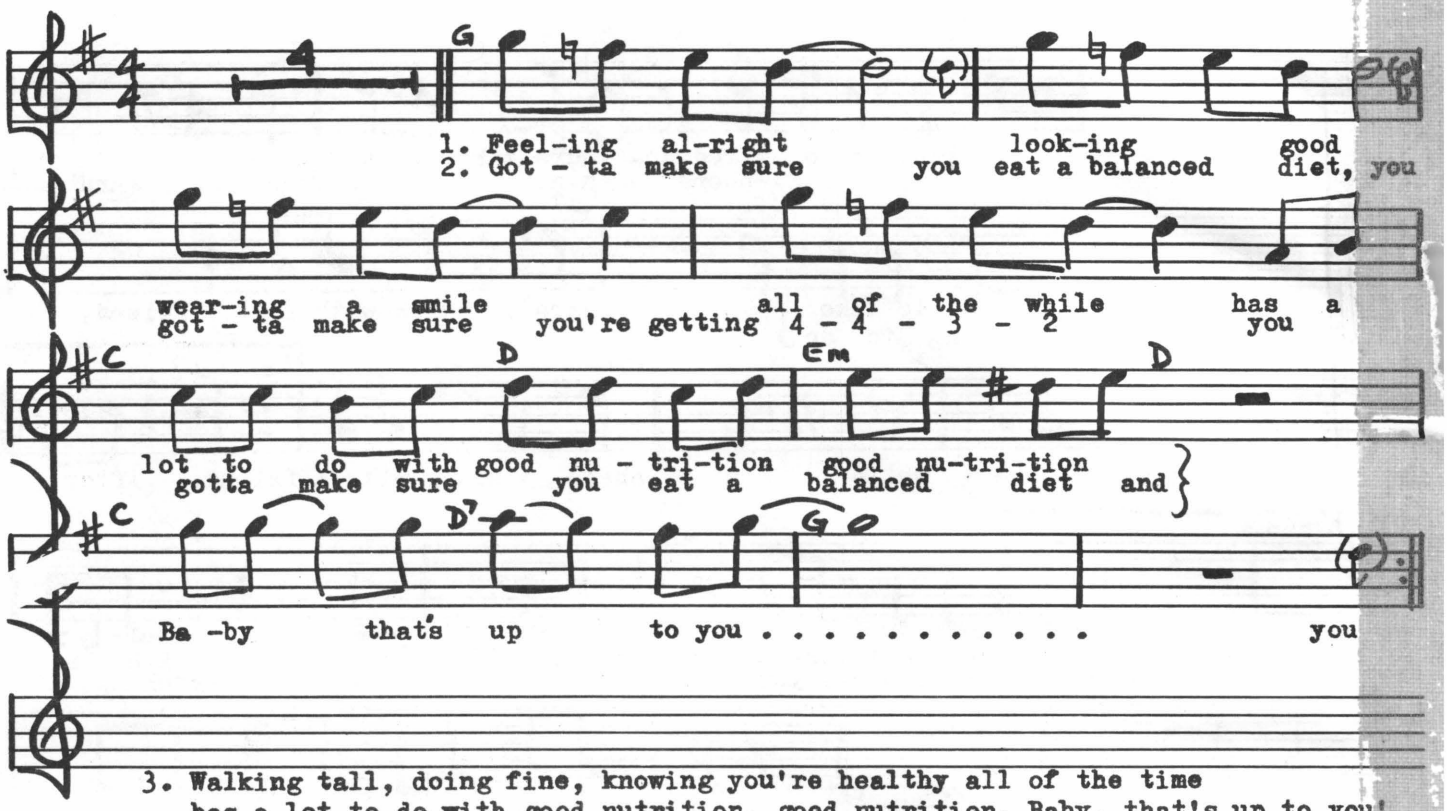
3. Feed the people better grains tomorrow
grown on deserts and plains tomorrow
delivered by faster trains and planes, more nutritious food tomorrow.

Share a Snack with a Friend



3. (in the) morning or when day is done
and you'd like to have some more fun

It's Up To You



3. Walking tall, doing fine, knowing you're healthy all of the time
has a lot to do with good nutrition, good nutrition, Baby, that's up to you!

Music composed and arranged by
Paul Brier & performed by "THE EYE"

Music rights —
4-H TV Production, ES, USDA

Virginia Cooperative Extension Service programs, activities, and employment opportunities are available to all people regardless of race, color, religion, sex, age, national origin, handicap or political affiliation.

AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, and September 30, 1977, in cooperation with the U.S. Department of Agriculture. W. R. Van Dresser, Dean, Extension Division, Cooperative Extension Service, Virginia Polytechnic Institute and State University, Blacksburg, Virginia 24061; M. C. Harding, Sr., Administrator, 1890 Extension Program, Virginia State University, Petersburg, Virginia 23803.