

"Variety" Song

(Music: "Old MacDonald")

When you think of foods to eat
Think variety
Every food has different things
So think variety
Try a little of this
Taste a little of that
Get nutrients here
And nutrients there
When you think of foods to eat
Think variety

Grain Group foods are good to eat
They keep us healthy
Lots of flavors, lots of treats
They keep us healthy
With a chomp, chomp here
And a chomp, chomp there
Here chomp, there chomp
Everywhere a chomp, chomp
Grain Group foods are good to eat
They keep us healthy

Vegetables are good to eat
They keep us healthy
Lots of flavors, lots of treats
They keep us healthy
With a munch, munch here
And a munch, munch there
Here munch, there munch
Everywhere a munch, munch

Vegetables are good to eat
They keep us healthy

Fruit Group foods are good to eat
They keep us healthy
Lots of flavors, lots of treats
They keep us healthy
With a crunch, crunch here
And a crunch, crunch there
Here crunch, there crunch
Everywhere a crunch, crunch
Fruit Group foods are good to eat
They keep us healthy

Meat Group foods are good to eat
They keep us healthy
Lots of flavors, lots of treats
They keep us healthy
With a chew, chew here
And a chew, chew there
Here chew, there chew
Everywhere a chew, chew

Meat Group foods are good to eat
They keep us healthy

Dairy foods are good to eat
They keep us healthy
Lots of flavors, lots of treats
They keep us healthy

Healthy Choices for Kids, Washington State Apple

