

ENERGIZERS

Funky Food Rhymes (EEP-Gr.2)

Instructions:

For younger students, you may use the songs as written. For older students, as a class or as individuals, make songs for each of the food groups using popular nursery rhymes such as “Row, row, row your boat”, or “Mary had a little lamb”.

Example: “Row, row, row your boat”

Milk, milk, milk and alternatives
For strong and healthy teeth.
Yogurt, cheese and smoothies too
Are moo-velous to eat.

Or combine food groups: To the tune of “If you’re happy and you know it”

If you’re healthy and you know it, eat your carrots- chomp chomp
If you’re healthy and you know it, eat your carrots- chomp chomp
If you’re healthy and you know it, then your EYES will really show it
If you’re healthy and you know it, eat your carrots- chomp chomp!

If you’re healthy and you know it, drink your milk- slurp slurp
If you’re healthy and you know it, drink your milk- slurp slurp
If you’re healthy and you know it, then your BONES will really show it
If you’re healthy and you know it, drink your milk- slurp slurp!

If you’re healthy and you know it, eat your toast- crunch crunch
If you’re healthy and you know it, eat your toast- crunch crunch
If you’re healthy and you know it, then your ENERGY will show it
If you’re healthy and you know it, eat your toast- crunch crunch!

If you’re healthy and you know it, eat your chicken- bock bock
If you’re healthy and you know it, eat your chicken- bock bock
If you’re healthy and you know it, then your MUSCLES will really show it
If you’re healthy and you know it, eat your chicken- bock bock!

If you’re healthy and you know it eat your lunch- chomp chomp- slurp slurp- crunch crunch- bock bock
If you’re healthy and you know it eat your lunch- chomp chomp- slurp slurp- crunch crunch- bock bock
If you’re healthy and you know it, then your SMILE will really show it
If you’re healthy and you know it eat your lunch- chomp chomp- slurp slurp- crunch crunch- bock bock!