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Attachment O – Song Lyrics

Fruits and veggies are what we need
And grains, some dairy, and proteins
The five food groups are as cool as can be
So here's a little song that you can sing with me!

Lemme hear you hoot(HOOT! HOOT!), if you like fruit (HOOT! HOOT!)
Now stomp your feet(FEET STOMPING), if you like veggies (FEET STOMPING)
Fly like a plane(PLANE SOUNDS), if you like grain(PLANE SOUNDS)
Now count to three(1,2,3!), if you like protein
And if you add dairy, you've got all five
So come on everybody, reach for the sky!

Fruits and veggies are what we need
And grains, some dairy, and proteins
The five food groups are cool as can be
So here's a little a song that you can sing with me!

“Talking” section –

An apple is a fruit
Broccoli is a vegetable
Bread is a grain
Chicken is a protein
And yogurt is dairy

Lemme hear you hoot(HOOT! HOOT!), if you like fruit (HOOT! HOOT!)
Now Stomp your feet(FEET STOMPING), if you like veggies (FEET STOMPING)
Fly like a plane(PLANE SOUNDS), if you like grain(PLANE SOUNDS)
Now count to three(1,2,3!), if you like protein
And if you add dairy, you've got all five
So come on everybody, reach for the sky!

Fruits and veggies are what we need
And grains, some dairy, and proteins
The five food groups are cool as can be
thank you everybody for singin with me!