

Fit Foodies Cheer

(Do as a chant; repeat the chorus after each verse)

Chorus: *We're Fit Foodies...We're the ones.....*

Healthy times have just begun.

Is that soda in your cup? (NO) Milk or water...Drink it up. (YES!)

Are those chips, on your lips? (NO)

Celery or carrots, that's my tip. (YES!)

Have some cookies, have more cake...(NO)

Berries or bananas in a shake! (YES!)

Watch TV; sit around (NO)

Run outside; good health is found (YES!)

Note to leader: To be even more effective; have some real props like a bag of chips, a can of soda, a baggie of cookies, a banana, a carrot or celery stalk.....(or use pictures if you can't get real items)

Visit ChooseMyPlate.gov for more nutrition tips