**Superdooperfoodalicious eating healthy is nutritious**

**If you want to run and play eat these food groups every day**

**Superdooperfoodalicious eating healthy is nutritious**

**If you want to run and play eat these food groups every day.**

Five or more servings of whole grains

Bread, rice, pasta and cereal – all of these foods are healthy material.

Grains are rich in fiber and carbohydrates,

Vitamins and minerals to make you feel great!

So in conclusion, I hope that this explains

Why whole grains are good for your brains.

**Superdooperfoodalicious eating healthy is nutritious……**

Four or more servings of vegetables

There are lots of really good vegetables to eat

Like green beans, broccoli, carrots and beets.

Potatoes, tomatoes and all leafy greens

Help you keep your body healthy, fit and lean!

You can put them in a salad or on your dinner plate.

In other words I’m trying to say that vegetables are great!

**Superdooperfoodalicious eating healthy is nutritious……**

Three or more servings of fruits

Oranges, apples, bananas and dates

Melons, raisins, cherries and grapes

Are just a few examples of some fruits that you know

To help you maintain your health ratio.

If you want to stay healthy fruits are the key

So now you to eat a wide variety.

**Superdooperfoodalicious eating healthy is nutritious…..**

Two or more servings of dairy!

If you drink milk , eat yogurt and cheese,

You’ll have strong bones and a healthy body.

Dairy has calcium and vitamin B

So you eat and drink dairy to get energy!

**Superdooperfoodalicious eating healthy is nutritious…..**

Two or more servings of meats and beans!

Any two servings of meats and beans

Will deliciously complete your daily eating routine!

Keep your meat lean and avoid the fat

Because the fat is unhealthy and you don’t want that.

So remember this song and you’ll know the way

to be healthy and strong with energy every day!

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