

## Alive With 5 Food Groups

(Talking about the five food groups, what they are and what they help do)

Banana is a fruit, broccoli is a veggie Rice is a grain, chicken is a protein food Milk is dairy, and now we've got five

We're going to feel our best (uh huh), we're going to feel alive!

### **Chorus:**

Alive, with five, both you and I

Alive with five, let's give them a try

Fruits and vegetables, dairy and grains

Add to that a protein food and you'll be on your way!

So many fruits and vegetables are good for me

Some help me heal my wounds, or give me more energy Sometimes I

like to eat them with some meat, bread, and cheese These five

food groups give me what I need, wouldn't you agree?

### **Chorus**

I've got a red apple (a fruit, a fruit)

And green spinach leaves (a vegetable, a vegetable) I

toasted up some bread (a grain, a grain)

With some low-fat cheddar cheese (that's dairy, that's dairy)

A few slices of turkey (a protein food, a protein food)

That's a fine-looking plate (my plate, my plate)

If you want to be healthy, if you want to feel your best

These five food groups are the key to your success!

### **Chorus**

## Do/Be

### Chorus:

Nutrients are good for me

Some help me do and some help me be Some help me run and  
jump and grow Others keep me feeling like a pro Nutrients  
are good for me

Some help me do and some help me be  
Working all together to keep me healthy

Those five food groups we learned about

They've got nutrients we need

To do things at our peak

To be more healthy

Some help give our skin a healthy glow Some help keep us from  
catching colds And others strengthen bones and muscles So  
round those bases we can hustle

### Chorus

That candy, cookies, soda, ice cream

Sometimes we eat too much

They don't have as many nutrients No, they don't have  
quite the touch So, how about we substitute

The sweet stuff with a piece of fruit

Because fruit's got the stuff we're talking about

So many nutrients — there is no doubt

### Chorus