**Healthy Song (To the tune of ‘If You’re Happy and You Know It’)**

To stay healthy you should always eat good food

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If you’re healthy and you know it and you really want to show it

To stay healthy you should always eat good food

You need lots of fruit and veggies in your diet

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You need apples, you need peas

You need bananas, and green beans

You need lots of fruit and veggies in your diet!

You need cereals and bread and pasta too

They’re all carbohydrates and they’re good for you

You need cereals and bread - and rice and pasta too

They give you energy for what you need to do!

You need protein to make your body grow

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You need fish and meat and eggs, if you want strong legs

Yes you need protein to make your body grow!

And you mustn’t eat too many snacks and treats

Have an apple and not a bag of sweets

Always eat your 5 a day

To keep those illnesses away

And eat fruit and veggies as your snacks and treats.

When you’re thirsty you really need to think

Always try to choose a really healthy drink

Go for water and milk

Not something pink

Always try to choose a really healthy drink!