

Got Milk?

Got milk? or pudding or yogurt or cheese?
Got milk? Make your body strong, you're movin' with ease!
Got milk with calcium and Vitamin D?
To keep my bones growing strong, it's milk for me!

Calcium and Vitamins A & D,
will keep your bones strong inside where you can't see.
Without strong bones, what would you be? - - - -
Little D: Uh . . . a Jelly Fish?
Cow: That's Right!
So, you need strong bones to stand as straight as can be!

Teeth are for smiling, and to chomp and chew.
It would be pretty hard if you had too few.
If you didn't have teeth, what would you do?
Little D: Uh . . . I couldn't smile . . . and I'd have to gum my food.
Cow: I guess so!
So, without those teeth you'd look sad and blue!

(last refrain) Got milk? or pudding or yogurt or cheese?
Got milk? Make your body strong, you're movin' with ease!
Got milk with calcium and Vitamin D?
COW: (spoken) You should have 3 servings of milk every day!
To keep my bones growing strong, it's milk for me! GOT MILK!

Protein Power

Protein Power, it makes your muscles strong
Protein Power, keeps you going all day long
Protein Power, your muscles help you move
Protein Power, it keeps you in the groove
Chicken, Pork and Hamburger are really good foods for you
Eat Fish and don't forget the eggs, or tofu. They're good, too!

Protein comes from animals, and sometimes comes from plants.
Nuts, and beans and sunflower seeds, they'll keep you in the dance!
See my muscle 4x

Veggie Rap

Pound, Pound, Pound. The sign went in the ground.
To make it clear, what's growing here
for everyone around. (last time rap: "Eat your Veggies!")

Get Up and Go

Energy from grains gives you get up and go
Energy from grains keeps you fast, not slow.
Energy from grains puts some jump in your jive,
Running, riding, jumping for a real high five! HIGH FIVE!

Energy, Energy, Get up and go, So, get up and go!
Energy, Energy, So, get up and go, go, go!

When you ride your bicycle or jump with your rope,
If you have no energy, then how will you cope?
Eat your grains and exercise everyday
you'll keep your body healthy so let's shout hooray! HOORAY!!

Fruits So Sweet

Talkin' bout de fruits, so juicy and sweet.
To make the sweetest snack, they can't be beat.
Eat five servings every day
To help to keep de doctor away.

Talkin' 'bout the fruits so swe-eet. (AHHHHH)
Talkin' 'bout the fruits so juicy and sweet.
Talkin' 'bout the fruits so swe-eet. (Yes, we are)
Talkin' 'bout the fruits so delicious to eat!

Fruit gives you vitamin C and A,
Vitamin B and E the natural way.
Fruit has fiber that's good for you,
Did we mention we're sweet and juicy, too!

FINALE

Got milk? or pudding or yogurt or cheese?
Got milk? Make your body strong, you're movin' with ease!
Got milk with calcium and Vitamin D?
To keep my bones growing strong, it's milk for me!

Protein Power, it makes your muscles strong
Protein Power, keeps you going all day long
Protein Power, your muscles help you move
Protein Power, it keeps you in the groove

Pound, Pound, Pound. The sign went in the ground.
To make it clear, what's growing here
for everyone around. (2 times)
"Eat your Veggies!"

Energy, Energy, Get up and go, So, get up and go!
Energy, Energy, So, get up and go, go, go!

Talkin' 'bout the fruits so swe-eet. (AHHHHH)
Talkin' 'bout the fruits so juicy and sweet.
Talkin' 'bout the fruits so swe-eet. (Yes, we are)
Talkin' 'bout the fruits so delicious to eat!

We're a FIVE FOOD GROUP Dragon Family
You could be too, if you wanna be!
Eat 5 food groups everyday
and you'll be on your way!
Eat 5 food groups – 1, 2, 3, 4, 5!
You'll feel healthier and more alive!
You'll get stronger everyday
eating the healthier way!
1, 2, 3, 4, 5 - - - - 1, 2, 3, 4, 5!
Eat 5 food groups everyday!