

Healthy Eating song

Colourful Fruit, vegetables green and healthy meat that contains lots of protein

Your “5 a day” gives you the energy to play

Eat well, live well and follow the healthy eating song

Have lots of fun and you can't go wrong.

Processed Food can put you in a bad mood.

Sugar is sweet so don't have too many treats to eat

Eat well, live well and follow the healthy eating song

Have lots of fun and you can't go wrong.

Don't eat too quick or you may be sick

You will find eating healthy gives you a happy body and a healthy mind.