

21. Healthy Food
Jill Kemp
Merry Go Round

At the end of the song there is a verse of music for children to break dance? to, or for them to view healthy food pictures etc.

Yum yum in my tum
rub tummy
Breakfast lunch and tea
Makes me grow - keeps me strong
reach up tall - muscles
Healthy food is good for me - Oh yeah
thumbs up

I eat all my vegies up

Munch munch bite and chew
rub tummy
Makes my muscles big - like this
muscles
Teeth are healthy too
tap teeth
To feed my clever brain
tap head
Eyes that look and see
point to eyes
Healthy food I choose - like this
It is good for me
thumbs up

Yum yum in my tum
rub tummy
Breakfast lunch and tea
Makes me grow - keeps me strong
reach up tall - muscles
Healthy food is good for me
Healthy food is good for me - Oh yeah
thumbs up