

## The Healthy 5

Eating food is not just fun.  
It helps you grow. It helps you run.  
Learn about **the healthy 5**,  
The groups of food that help you thrive.

**1.**  
Dairy

Drink some milk. Eat some cheese.  
Have some yogurt, if you please.  
Foods made from dairy are good to eat.  
I like a smoothie for a healthy treat.

**2.**  
Vegetables

Eat some carrots. Eat some peas.  
Have more veggies, won't you please?  
What I like best looks like a tree.  
Can you guess what it might be?

**3.**  
Fruits

Eat some apples or some pears.  
Have more fruit. There's more to share.  
Try to eat something new.  
Choose a fruit that's orange or blue.

**4.**  
Grains

Eat food from grains at every meal.  
Bread and cereal are ideal.  
Lots of choices are good for you.  
Try bagels, pasta and crackers, too.

**5.**  
Protein

Eat some chicken or black beans.  
For strength you need good protein.  
Eggs are good. Beef is too.  
All of it will work for you!

**The healthy 5** are important to know,  
Especially for kids who want to grow.  
If you want to be strong, have fun, and play,  
Eat from the 5 every day!