

The Food Group Song

from Dairy Council of California's First Grade
Curriculum, *Healthy Choices, Healthy Me!*

Teach students the following song to the tune of
"Old MacDonald Had a Farm"

To get the nutrients you need,
Eat lots of food-group foods.



To be healthy and grow up strong,
Eat some Milk group foods.

Drink some Milk,
Eat some cheese,
Have some yogurt,
If you please.

To be healthy and grow up strong,
Eat some Milk group foods.

To get the nutrients you need,
Eat lots of food-group foods.



To be healthy and grow up strong,
Eat some Vegetable group foods.

Eat some broccoli,
Carrots and potatoes,
Peas and squash,
Lettuce and tomatoes.

To be healthy and grow up strong,
Eat some Vegetable group foods.

To get the nutrients you need,
Eat lots of food-group foods.



To be healthy and grow up strong,
Eat some Fruit group foods.

Have an apple,
Grapes and cherries,
Peaches and pears,
And sweet strawberries.

To be healthy and grow up strong,
Eat some Fruit group foods.

To get the nutrients you need,
Eat lots of food-group foods.



To be healthy and grow up strong,
Eat some Bread group foods.

Have a tortilla,
Try some rice,
Muffins and bagels,
Are very nice.

To be healthy and grow up strong,
Eat some Bread group foods.

To get the nutrients you need,
Eat lots of food-group foods.



To be healthy and grow up strong,
Eat some Meat group foods.

Have some chicken,
Eat some fish,
Spoon some beans,
Onto your dish.

To be healthy and grow up strong,
Eat some Meat group foods.