

Healthy balanced diet song

This should be sung to the tune of 'Head, shoulders, knees and toes'.

Bread, pasta, rice and grains
Rice and grains
Bread, pasta, rice and grains
Rice and grains
And cereals and oats, and potatoes and seeds
These are things a healthy body needs, body needs

Egg, lentils, meat and nuts
Meat and nuts
Egg, lentils, meat and nuts
Meat and nuts
And chicken and soya and pulses and fish
Make sure you put some in your dish, in your dish

Yoghurt, milk and fromage frais
Fromage frais
Yoghurt, milk and fromage frais
Fromage frais
And cheddar and Edam or any type of cheese
They're packed with calcium that your body needs, body needs

Oranges, apples, pears and grapes
Pears and grapes
Oranges, apples, pears and grapes
Pears and grapes
And mango and banana and raspberry and peach
Make sure it's five a day that you reach, that you reach

Cabbage, lettuce, peas and leeks
Peas and leeks
Cabbage, lettuce, peas and leeks
Peas and leeks
And sprouts and celery and onion and beans
To keep healthy you must eat all your greens, all your greens

We must eat a balanced diet
Balanced diet
We must eat a balanced diet
Balanced diet
To keep fit and well and healthy and strong
Eat a balanced diet all life long,
all life long

