

The Food That We Eat

This should be sung to the tune of 'The Wheels on the Bus'.

The healthy food we eat, gives us lots of energy

Lots of energy

Lots of energy

The healthy food we eat, gives us lots of energy

All day long

(run on spot)

The healthy food we eat, makes all our muscles grow

All our muscles grow

All our muscles grow

The healthy food we eat, makes all our muscles grow

All day long

(tip toes)

The healthy food we eat, makes our bones and teeth strong

Bones and teeth strong

Bones and teeth strong

The healthy food we eat makes our bones and teeth strong

All day long

(grin to show teeth)

The healthy food we eat keeps our bodies nice and warm

Bodies nice and warm

Bodies nice and warm

The healthy food we eat keeps our bodies nice and warm

All day long

(hugging action)

The healthy food we eat gives us lots of vitamins

Lots of vitamins

Lots of vitamins

The healthy food we eat gives us lots of vitamins

All day long

(flex muscles)

(Extension for older children could include...)

The healthy food we eat keeps our skin looking fresh

Skin looking fresh

Skin looking fresh

The healthy food we eat keeps our skin looking fresh

All day long

