

## Day 1: MyPlate

### GROWING BODIES SONG

**TYPE OF ACTIVITY:** Music

**KEY CONCEPT:** Eat a variety of foods



#### **OBJECTIVES:**

- › Children will practice language and rhythm by singing the Growing Bodies song.
- › Children will discuss the importance of choosing foods from all food groups.

#### **MATERIALS:**

- › Song chart with words
- › MyPlate poster

#### **PROCEDURE:**

1. Show the MyPlate poster. Discuss the importance of choosing foods from all food groups. Point out the different food groups on MyPlate. Suggested phrases include:
  - a. *Our bodies need different kinds of foods.*
  - b. *When we eat healthy foods, they give our bodies energy to work and play all day long.*
  - c. *This is the fruit group. A peach is a fruit.*
2. Lead the children in singing the "Growing Bodies Song." Encourage children to clap or stomp along with the song. Point to the food group, or show a food from that group, as you sing each verse.
3. Start by singing just the verse. Add a verse or two each day as you talk about the different food groups.



## GROWING BODIES SONG

(Sing to the tune of "Row, Row, Row, Your Boat")

*Big, big, big, and strong  
This is what I know  
If I eat healthy foods  
My body's sure to grow*

*Eat, eat, eat berries  
Pears and apples too!  
These are just some healthy fruits  
That make my body grow*

*Eat, eat, eat, lean beef  
Beans and chicken, Oh!  
These are all protein foods  
That make my body grow*

*Eat, eat, eat, pasta  
Cereal and toast  
These are healthy whole grains  
That make my body grow*

*Eat, eat, eat, green beans  
Broccoli and potatoes  
These are healthy vegetables  
That make my body grow*

*Eat, eat, eat, yogurt  
Drink your milk and know  
These are healthy dairy foods  
That make my body grow*

*Big, big, big, and strong  
This is what I know  
If I eat healthy foods  
My body's sure to grow*



### ADAPTATIONS/EXTENSIONS:

**Language Arts:** Invite children to create their own verses for this song using their favorite healthy foods.

**Literature:** Provide materials for children to make a book with pictures of different kinds of healthy foods from each section of MyPlate. Use this book as a visual when children sing the Growing Bodies Song.