Sing and Dance!

Your kindergartener has been singing and dancing to a special song in class about the five food groups. Get the whole family in on the fun! Download it for free at:

http://www.fns.usda.gov/multimedia/kindergarten.mp3.



Reach for the Sky

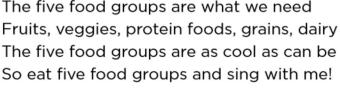
Here's a little song about the five food groups Fruits, veggies, protein foods, grains, and dairy!

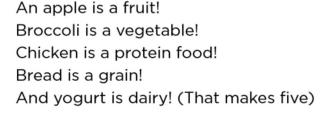
The five food groups are what we need Fruits, veggies, protein foods, grains, dairy The five food groups are as cool as can be So eat five food groups and sing with me!



Give a hoot (hoot hoot) if you like fruit
Stomp your feet (stomp, stomp, stomp) and eat veggies
Sing my tune (ooh ooh ooh) for protein foods
Fly like a plane (vrooooom!) with some grains
Now add dairy, you've got all five
So come on everybody, reach for the sky!

The five food groups are what we need







Give a hoot (hoot hoot) if you like fruit
Stomp your feet (stomp, stomp, stomp) and eat veggies
Sing my tune (ooh ooh ooh) for protein foods
Fly like a plane (vrooooom!) with some grains
Now add dairy, you've got all five
So come on everybody, reach for the sky!

The five food groups are what we need Fruits, veggies, protein foods, grains, dairy The five food groups are as cool as can be So thank you everybody for singing with me!

