

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 hoot) if you like fruit
Stomp your feet (stomp, stomp, stomp) and eat veggies
Sing my tune (oooh oooh oooh) for protein foods
Fly like a plane (vroooooom!) 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 eat five food groups and sing with me!

An apple is a fruit!
Broccoli is a vegetable!
Chicken is a protein food!
Bread is a grain!
And yogurt is dairy! (That makes five)

Give a hoot (hoot hoot hoot) if you like fruit
Stomp your feet (stomp, stomp, stomp) and eat veggies
Sing my tune (oooh oooh oooh) for protein foods
Fly like a plane (vroooooom!) 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!

