Food Groups Are Rockin' Tonight – Brian Haner

Complete the song with the words from the box.

BREAD – ORANGES – CHICKEN – BROCCOLI – MILK – APPLES – CEREAL – CHEESE – PEAS - FISH

- **chorus**

Food groups are rockin' tonight

Food groups are rockin' tonight

Everybody's feeling alright

Food groups are rockin' tonight

- **end of chorus**

We're gonna have some fun when breakfast comes

'Cause food groups are rockin' tonight

Vegetables like _____, _____ and brussel sprouts,

Keep our bodies healthy from the inside out!

We need dairy everyday,

Like _____ and cottage _____

To keep our bones growing strong

So we don't get week in the knees.

(Chorus)

We're gonna have some fun when lunch time comes

'Cause food groups are rockin' tonight

_____, bananas and _____ are fruits that taste so sweet.

But don't let that fool you

They've got lots of vitamin C.

Grains to give us energy like _____ and _____.

The fuel your body needs to burn just like your momma said.

(Chorus)

We're gonna have some fun when dinner comes

'Cause food groups are rockin' tonight

You've got to have some protein like _____, _____ and steak.

It helps you build strong muscles so you can play all day.

Eat a little from each food group every single day.

If you do, I promise you, you'll chase those blues away.

(Chorus)