

FOOD GROUPS ROCK

Listen and choose. Listen and sing.

FOOD GROUPS ARE ROCKIN' TONIGHT. (2)
EVERYBODY'S FEELING ALL RIGHT,
FOOD GROUPS ARE ROCKIN' TONIGHT.

WE'RE GONNA HAVE SOME FUN
WHEN **BREAKFAST / LUNCH** COMES.
'CAUSE THE FOOD GROUPS ARE ROCKIN'
TONIGHT.

VEGETABLES LIKE BROCCOLI, **PEAS / BEANS**, AND BRUSSEL SPROUTS,
KEEP OUR BODIES HEALTHY FROM THE INSIDE OUT.
WE NEED **DAIRY** EVERYDAY, LIKE MILK AND COTTAGE **CHEESE / YOGHURT**.
TO KEEP OUR **BONES / TEETH** GROWING STRONG.
SO WE DON'T GET WEAK IN THE KNEES.

FOOD GROUPS ARE ROCKIN' TONIGHT. (2)
EVERYBODY'S FEELING ALL RIGHT.
FOOD GROUPS ARE ROCKIN' TONIGHT.
WE'RE GONNA HAVE SOME FUN WHEN **LUNCH / DINNER** TIME COMES.
'CAUSE THE FOOD GROUPS ARE ROCKIN' TONIGHT.

APPLES / CHERRIES, BANANAS, AND **ORANGES / PEARS**
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 CEREAL AND BREAD.
THE FUEL YOUR BODY NEEDS TO **BURN / RUN**,
JUST LIKE YOUR MAMA SAID.

FOOD GROUPS ARE ROCKIN' TONIGHT. (2)
EVERYBODY'S **FEELING / EATING** ALL RIGHT.
FOOD GROUPS ARE ROCKIN' TONIGHT.
WE'RE GONNA HAVE SOME FUN WHEN **LUNCH / DINNER** TIME COMES.
'CAUSE THE FOOD GROUPS ARE ROCKIN' TONIGHT.

YOU'VE GOT TO HAVE SOME **PROTEIN** LIKE **CHICKEN / KITCHEN**, FISH AND STEAK.
IT HELPS YOU BUILD STRONG MUSCLES SO YOU CAN PLAY ALL DAY.
EAT A LITTLE FROM EACH GROUP, EVERY SINGLE DAY.
IF YOU DO, I PROMISE YOU'LL CHASE THOSE BLUES AWAY

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EVERYBODY'S FEELING ALL RIGHT.
FOOD GROUPS ARE ROCKIN' TONIGHT.
WE'RE GONNA HAVE SOME FUN WHEN **DINNER / BREAKFAST** COMES.
'CAUSE THE FOOD GROUPS ARE ROCKIN' TONIGHT.
FOOD GROUPS ARE ROCKIN' TONIGHT (2) ... ROCKIN' TONIGHT