

# Little Voices for Healthy Choices

## Food is Good

### Experience

Get a basket full of assorted foods or a chart or picture of assorted foods.

Discuss healthy food.

Talk about eating small portions at a time and not eating in between meals.

Establish steady beat.

Share the following lyrics in call/response style:

Food is good  
All the time  
We eat to live  
Not live to eat  
Food is good  
Just eat it right  
Fruits and veggies  
Fish and meat  
With milk and water  
To wash it down  
Small portions  
For you and me  
Healthy choices  
All the time

### Materials

- Charts/posters of assorted food
- Basket of fruits, fish, meat, milk, vegetables, etc.

Song on Little Voices for  
Healthy Choices CD: Track 20

