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