

Little Voices for Healthy Choices

The Cup Song

Experience

Adult models holding a cup as they sing the song and then can continue to sing as they give a cup/cups of milk to child/children.

Sing:

Two hands, hold my cup
Good milk, drink it up!

My cup is just for me,
All gone!
More please! (spoken)

Impact

Child and adult engage in experience together to promote bonding and healthy nutrition practices.

Little Voices for Healthy Choices CD Track 11

