

By Catherine Slonecki, M.S. and Adrienne Denmark, M.S.

1. THE GOOD FOOD EXPRESS

LYRIC:

*Broccoli, cauliflower, carrots, and potatoes.
Bananas and cereal, pasta, and tomatoes.
Pineapple, skim milk, yogurt, cottage cheese,
Chicken, turkey, tuna fish, and fresh field peas.*

Repeat 2x

All aboard! All aboard!

*This train is going down the line.
It leaves in rain or sunshine.
Come on and ride for every day of your life.
And don't forget to pack a fork, spoon,
and knife.*

Chorus:

*All aboard on the good food express.
This train goes everywhere – north, south,
east, or west.
The only ticket you need is your pledge
To eat the foods that keep you on the
leading edge.*

*Yes, all aboard on the good food express.
It's even easier than you might guess.
Just bring that junk food habit to a
screeching halt.
And don't eat too much sugar, fat, or salt.*

*It doesn't stop for quick snacks,
Or at those hamburger shacks.
Only the best foods come along for the ride.
Come on and join us! Just step inside.*

Repeat Chorus

2. THE VEGETABLE ROCK

LYRIC:

*Some of the best food we ever chewed,
Is found in gardens and farms, you know.
Like corn and beets, they're our special treats,
Fresh vegetables growing row by row.*

Chorus:

*Doing the vegetable rock.
(Like we knew we could.)
And it wasn't a shock.
(Because they taste so good.)
Green leafy vegetables, yellow, or red,
Onions and asparagus, you won't be underfed.
Doing the vegetable rock.*

*I can eat cauliflower by the hour.
And I love turnip greens and those black beans.
To me, heaven is some yams that I eat along
with ham,
And I guess you know what this means.*

Repeat Chorus:

*I like potatoes, especially with tomatoes.
And I'll have more peas if you please.
I devour zucchini, even when they're teeny.
My favorite's broccoli and cheese.*

Repeat Chorus as Needed:

3. ANIMAL AEROBICS

LYRIC:

*Each animal in the wide world knows
To stay in shape you've got to stay on your toes.
Like a cat, stretch from side to side,
And just like a seal you can slide and slide.
Fly around like a humming bird.
Then run in place like a thundering herd.
Wiggle your tail like the bunnies do.
And slither like a snake in the city zoo.*

Chorus:

*Let's all work out like the animals do.
We can hop, hop, hop, like the kangaroo.
Swing our arms back and forth like an
elephant's trunk
And waddle like a hippo go clunk, clunk, clunk.
Let's all work out like the animals do.
We can flap our wings like a cockatoo.
Stamp our feet on the ground like a mule,
then stop,
And trot like a pony go clip, clip, clop.*

*Chase your tail like a puppy dog.
Then jump along like a big bullfrog.
Swim like a fish going up a stream,
And dance like a fox in the bright moonbeams.*

*Like an ape swinging through the trees,
Climb along with the greatest of ease.
Like a horse gallop on the open trail.
Then catch your breath and move like a snail.
(Slowly now! Slowly!)*

Repeat Chorus:

*Chickens strut 'round the old barnyard.
Give it a try. It's not very hard.
Stretch your neck like the tall giraffe,
Then run like a hyena, and laugh, laugh, laugh.*

Repeat Chorus:

4. JUNK FOOD JUDY

LYRIC:

*Junk Food Judy snacked all day and all night.
Eating all the twinkies, pies, and cookies in sight.
She gobbled tons of pizza, hotdogs, and burgers,
too.
And washed them down with cola drinks when she
was through.*

Chorus:

*She was the Junk Food Queen. (That was Judy.)
If you know what I mean. (Judy, Judy.)
She never ate a balanced meal at any time.
But she snacked morning, noon, and night right
up to bedtime.
That was Judy.
Junk food Judy.
When Junk Food Judy got up every day,
She didn't have the energy to go out and play.
While the other kids had fun playing games
outside,
Judy and her snacks stayed inside to hide*

Repeat Chorus:

Bridge:

*One day Judy decided she was through.
She was tired of sitting alone and feeling blue.
She knew she needed energy to run and play.
So she tossed all her junk food snacks away.*

*Judy quit her junk food habits as I say,
And started eating balanced meals three times
a day.
She joined the other kids who liked to play, run,
and swim.
And was so surprised to find that she was fit
and trim.*

Chorus:

*She was the Junk Food Queen. (That was Judy.)
If you know what I mean. (Judy, Judy.)
Now she eats fruits and vegetables every day.
And she's got good eating habits that are
here to stay.
Now that's Judy.
Used to be Junk Food Judy.*

5. FOOD FOR THOUGHT

LYRIC:

*Why do we eat? I thought one day.
Why don't we just sleep, work, and play?
Why do we dine three times a day?
Why does the world go on this way?*

*I asked a wise old owl to tell
Me why we all must eat so well.
He scratched his head, and in reply
Said, "Look at the roads or in the sky."*

Chorus:

*It gives you food for thought.
Why do we need to eat at all?
Well, here's what we were taught.
Without our food we couldn't think at all.*

*"What do you mean?" I asked Owl clear.
He paused a while and rubbed his ear.
Cars need gas, and planes do, too.
We need fuel like they do.*

*Food makes energy we need
To keep our bodies up to speed.
We need good food to work and play,
To help us grow new cells each day.*

Repeat Chorus:

*"Well, that makes sense," I said with a nod.
"But something else has struck me odd."
"Why does it matter what we eat?
Why can't we eat just food that's sweet?"*

*He blinked an eye and answered plain,
"Now that's a question for the brain."
"We need a balanced diet each day
Or else we may get too sick to play."*

Repeat Chorus:

*Thank you, Owl," I said with joy.
"I'll have to tell each girl and boy
The good thing that I've learned from you."
And as I left I heard him cry, "Who?"*

6. I AM WHAT I EAT

LYRIC:

*If I am what I eat, and I eat what I am,
Then why don't I look like green eggs and ham?
Every day there's something different sitting on my
plate.
So how come I don't look like what I just ate?*

*If I eat chicken meat, and I eat chicken eggs.
Why don't I grow some chicken legs?
I nibble carrots but I haven't grown a carrot top.
And I don't think I'm as sweet as a lollipop.*

Chorus:

*But, I am what I eat. (I'm not a red beet.)
Yes, I am what I eat. (But I'm not made of
wheat.)
Oh, I am what I eat. (I'm not turkey meat.)
I know I am what I eat.*

*Now this question had me puzzled for quite
some time.
It didn't make any sense, reason or rhyme.
'Til I finally got the answer, and I'm sure this
is true,
It's what the food is made of that turns into you.*

*Food that's very fatty makes me fat, too.
And sugary foods can make my teeth rot through.
Vegetables, fruits, and cereals are fine
So I try to eat a lot of them when I dine.*

Chorus:

*Cause I am what I eat. (I'm not just things
sweet.)
Yes, I am what I eat. (But I'm not just
red meat.)
Oh, I am what I eat. (I don't need to repeat.)
I know I am what I eat.*

Repeat Chorus 1 & 2

7. FAST FOOD DETECTIVE

LYRIC:

*Eating today is not a simple little task,
But it's easy if you know what questions to ask.
You've got to check carefully before you start
to eat
To find out if the food is too fatty, salty, or sweet.*

Chorus:

*So be a fast food detective and you will go far.
Look on every menu, every box, and each jar.
Search very carefully for each little clue.
If there's lots of sugar, salt, or fat,
You know what to do – Don't eat it!*

*Just because something's advertised on your TV
Doesn't mean that a food's all that it's cracked
up to be.
There may be some surprises waiting just inside.
Too much sugar, salt, or fat they're trying to hide.*

Repeat Chorus:

*If you can't read, then this is what you ought
to do.
Just ask your Mom or Dad to read it for you.
Ask them to check the labels to see what is good.
So you'll eat the best foods, just like you should.*

Repeat Chorus:

8. FEELING GOOD ABOUT MYSELF

LYRIC:

*Every day I stretch up high. I reach up to the sky.
Breathe in deep to smell the clean fresh air.
I smile from side to side. Push my shoulders back
with pride,
And walk tall to show how much I care*

Chorus:

*I'm feeling good about myself,
Oh, can't you see?
I'm feeling good about the things I see in me.
I take care of my body as well as my mind,
I like myself and that makes me feel fine.
I'm feeling good about me.*

*I stretch down to the ground, and swing my
arms around.
I grab my ankles and bend very low.
Then slowly I stand tall, make my back straight
like the wall,
And wave to all my friends to say "hello."*

Repeat Chorus:

*Like a tall windmill, I swing from side to side.
And as I turn I stretch my neck out too.
I roll down to my chin, and then lift my head again
My arms climb up and fall down when I'm through.*

Repeat Chorus:

9. WALKING ALONG

LYRIC:

Chorus:

*We're walking along
Just singing this song,
And swinging our arms left and right.
We're building strong hearts,
And that takes some smarts.
Walking fills us with delight.*

*When one foot's in front, and the other's behind,
Just taking a walk helps me really unwind.
I always walk any place that I possibly can.
It makes me feel good, I'm so glad I began just*

Chorus:

*Some days I walk slow, just enjoying the view.
Sometimes I walk fast so I feel like I flew,
But whether racing or strolling, there's one thing I
know.
I feel really great when I'm up on the go just*

Repeat Chorus as Needed:

10. ENERGY

LYRIC:

*(cheer) E N E R - - - G Y!
E N E R - - - G Y!
E N E R - - - G Y!
Energy!
Energy!*

*In the morning when I wake up I feel so good.
The sun lights a smile on my face like it should.
And I'm ready to start the day right away.
I'm supercharged and ready for school, work, or
play.*

Chorus 1:

*'Cause I have energy.
I'm filled with energy.
I work out every day and I eat just right.
My skin is glowing and my eyes are bright.
And I have energy.
I'm filled with energy.*

Repeat Cheer:

*Not too long ago I'd start the day out late.
I didn't even care how much breakfast I ate.
I dragged myself around the whole day long.
I was tired all the time and here's what was wrong.*

Chorus 2:

*I had no energy.
All out of energy.
Now I work out every day,
And I eat just right.
My skin is glowing and my eyes are bright
And I have energy.
I'm filled with energy.*

Repeat Cheer:

Repeat Chorus 1:

11. IT'S GREAT TO GET IN SHAPE

LYRIC:

*Walk to the front and wave to your friends.
We're gonna keep moving 'til the music ends.
Then turn back around, walk the other way.
Swing your arms as you hear the drummer play.*

Chorus:

*I love to kick my heels when I hear a fiddle.
Turn around and face to the middle.
Circle right and listen to the banjo play.
Then I jump way up high, say, "Hey, diddle, diddle."
Circle left and come to the middle.
It's great to get in shape this a way.*

*Now run with your knees up in the air.
Jog to the center and stop right there.
Then run back to where you just came from.
Move to the rhythm of the guitar strum.*

Repeat Chorus:

*Step hop to the front and clap your hands.
Getting in shape makes you feel so grand.
Then step, hop, clap back the other way.
Jump to the beat as the bassman plays.*

Repeat Chorus as Needed:

12. TAKING GOOD CARE OF ME LYRIC:

*I'm always walking the dog or feeding the cat,
Or telling my sister "Don't forget your hat!"
I'm so busy with my homework, school, and
playtime, too.
But I know there's something else that I must do.*

Chorus:

*So I take good care of me.
It's important and I'm sure you'll agree.
I eat right and exercise
'Cause I know that it's wise
To take good care of me.*

*I make sure that I eat breakfast before going
to school.
And packing fruit to snack on is my daily rule.
I eat fruit, fish, and chicken as much as I can.
And vegetables are always in my daily plan.*

Repeat Chorus:

*I try to ride a bike every chance that I get,
And I walk any time I can rather than sit.
I get a workout when I help in the house and
garden, too.
There's always something active that I like to do.*

Repeat Chorus as Needed: