

## Example Songs and Chants for Healthy Habits

### We Stay Healthy (Frere Jacques)

We stay healthy, we stay healthy  
When we eat fruit, when we eat fruit  
Fruit every day, fruit every day  
Helps us learn & play, helps us learn & play.

We stay healthy, we stay healthy  
When we eat vegetables, when we eat vegetables  
Vegetables every day, vegetables every day  
Helps us learn & play, helps us learn & play.

We stay healthy, we stay healthy;  
When we make puzzles, build blocks & paint; when we make puzzles, build blocks & paint;  
Creating every day, creating every day  
Helps us learn & play, helps us learn & play.

We stay healthy, we stay healthy;  
When we run, jump & climb; when we run, jump & climb  
Moving every day, moving every day  
Helps us learn & play, helps us learn & play.

We stay healthy, we stay healthy;  
When we drink milk & water, when we drink milk & water  
Milk & water every day, milk & water every day

# Healthy Habits

# 5-2-1-0 Example Lessons

Helps us learn & play, helps us learn & play.

## The Bananas are Here Today (Hi, Ho the Derry-ho)

Verse 1: The bananas are here today, the bananas are here today,

Everybody say HURRAY the bananas are here today.

Verses 2-infinity: Replace “bananas” with any other fruit or vegetable.

## If You’re Thirsty and You Know It (If You’re Happy and You Know It)

If you’re thirsty and you know it say, “I’m Thirsty!”

(Repeat two times)

If you’re thirsty and you know it, and you really want to show it.

If you’re thirsty and you know it, drink some water!

## An Apple Chant

Apples in the attic,

Apples in the hall,

Apples in the summer,

Apples in the fall.

Apples make you healthy,

Apples make you tall.

I will eat some apples,

I will eat them all!

## Military March Cadence

*Healthy Choices make us strong,*

*(children repeat);*

*We eat healthy foods all day long,*

*(children repeat)*

*Sound Off (1, 2) Sound off (3, 4)*

*Sound Off (1, 2, 3, 4) And one more!*