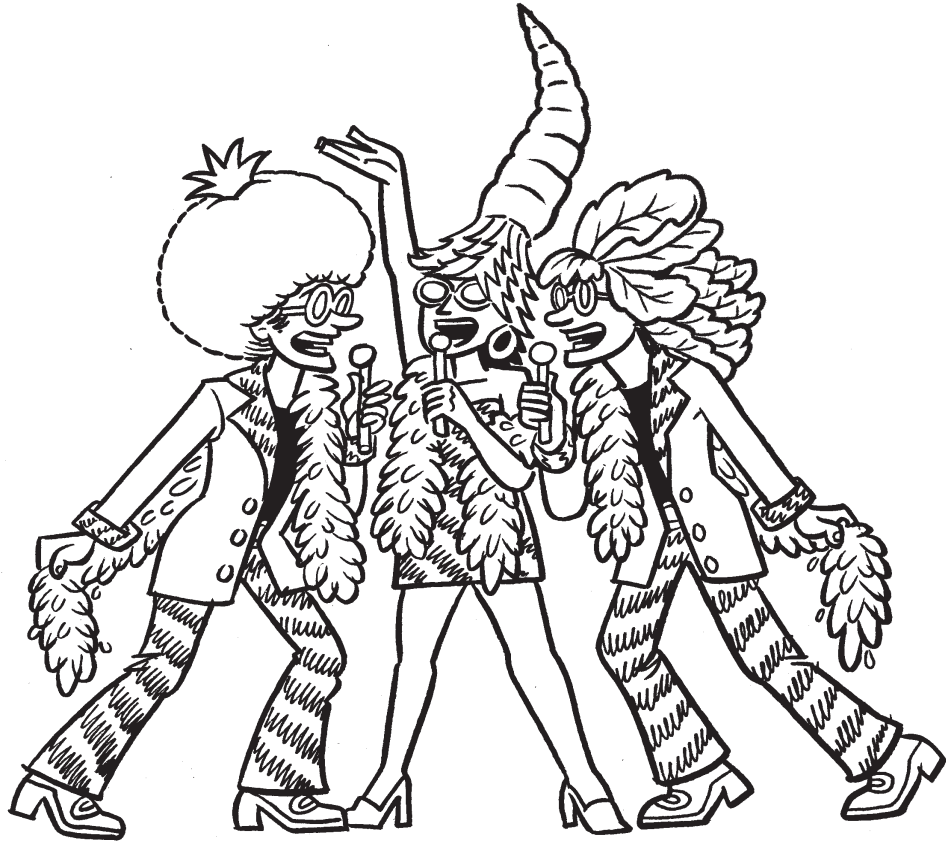

Master Pages



Finding Your Target... Your Target Heart Rate!



Best Me Vocabulary

Maximum Heart Rate: The fastest healthy rate at which your heart should beat. It is the number 220 minus your age in years. It is measured in beats per minute (bpm).

Target Heart Rate: The healthy range for your heart rate during activity or exercise, also measured in bpm. The hour of activity you get every day should raise your heart rate to your target heart rate.

To be your *Best Me*, try to reach your target heart rate for at least one hour every day! How do you find your target heart rate? Here's how:

Step 1: Find your maximum heart rate: Subtract your age from the number 220.

$$\begin{array}{r} 220 \\ - \quad \square \quad \text{Your age} \\ \hline = \quad \square \quad \text{Your } \mathbf{Maximum Heart Rate}, \text{ in bpm} \end{array}$$

Step 2: Now you are ready to find your target heart rate. Your target heart rate is any number between 50 percent and 80 percent of your maximum heart rate.

To find your **LOW** target heart rate, multiply your maximum heart rate by .50 (50%).

$$\begin{array}{r} \square \quad \text{Your Maximum Heart Rate, in bpm} \\ \times \quad .50 \text{ (50\%)} \\ \hline = \quad \square \quad \text{Your } \mathbf{Low Target Heart Rate}, \text{ in bpm} \end{array}$$

To find your **HIGH** target heart rate, multiply your maximum heart rate by .80 (80%).

$$\begin{array}{r} \square \quad \text{Your Maximum Heart Rate, in bpm} \\ \times \quad .80 \text{ (80\%)} \\ \hline = \quad \square \quad \text{Your } \mathbf{High Target Heart Rate}, \text{ in bpm} \end{array}$$

Step 3: Fill in the blanks below with your low and high target heart rate numbers.

My healthy target heart rate range is...



Move for an Hour!



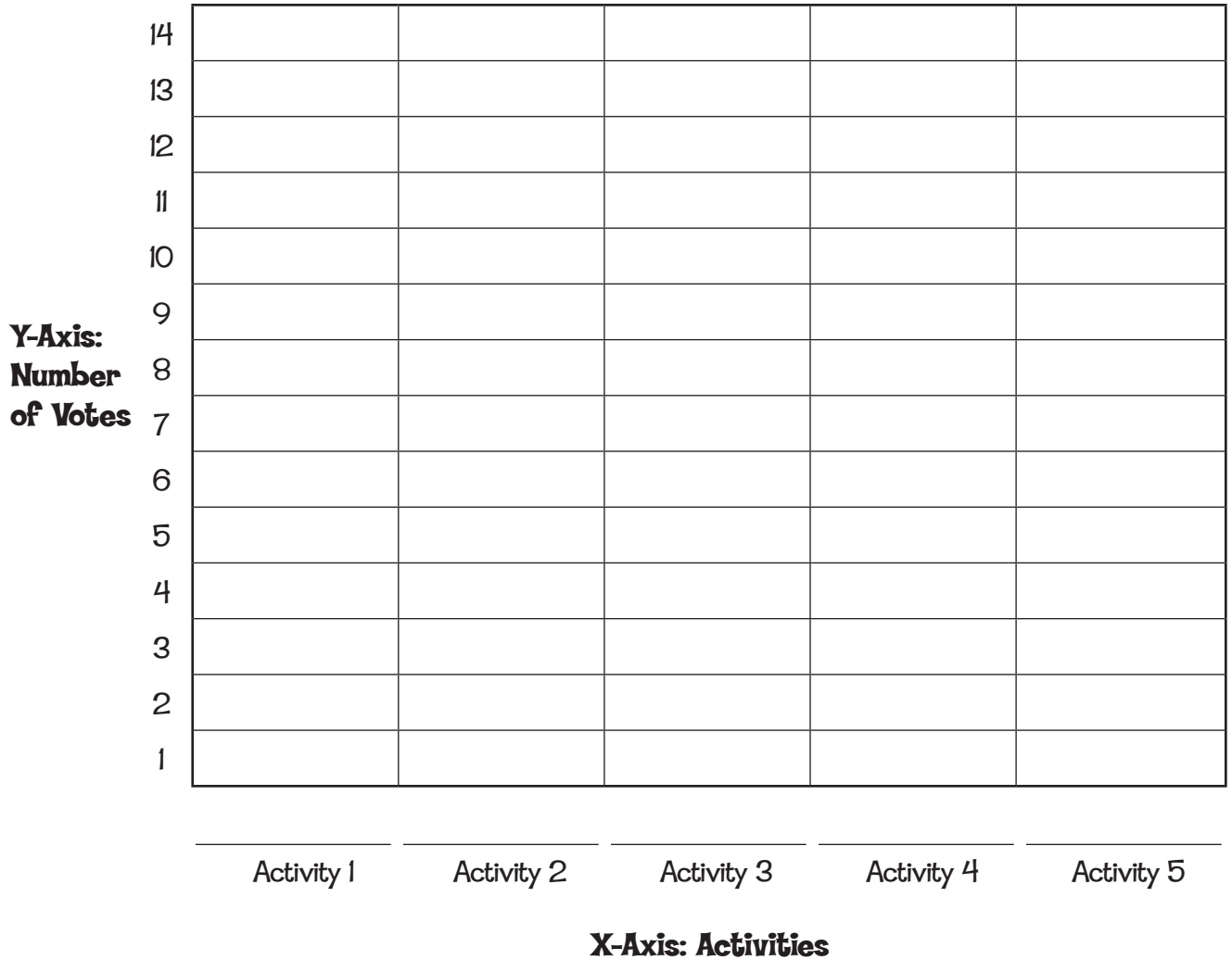


Our Favorite Ways to Move

1. What do you think will be the most popular activity? _____
2. Number of students surveyed: _____
3. List the five most popular activities and the number of votes each activity received.

	Activity	Votes
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____

4. Create a bar graph by recording the results.





Move It! Say It! Do It!

Helpful Hints

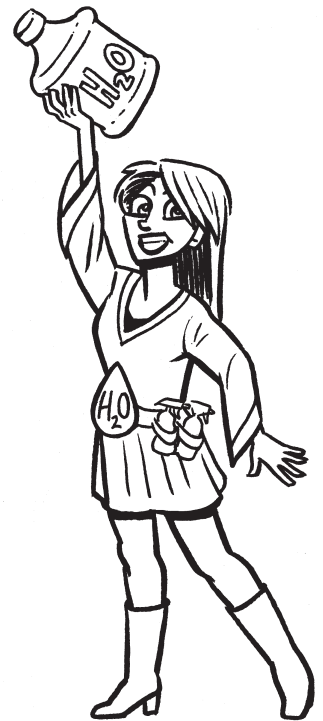


Rap How-to Hints

- Write a rap with four lines.
- Each line should have the same number of syllables.
- The ending words of the first two lines should rhyme, and the ending words of the last two lines should rhyme.
- Look at the character raps if you need inspiration!

Dance How-to Hints

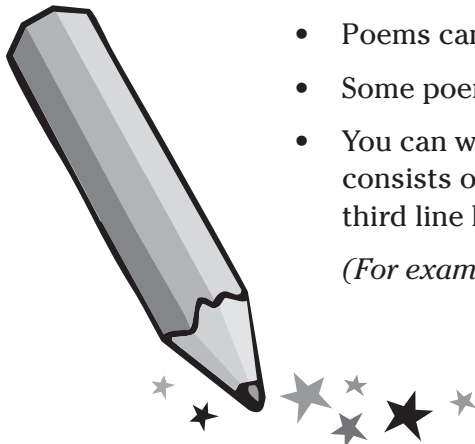
- Make up a move that you like. It can be simple, like a jump, or complex, like a series of arm and leg movements that go forwards, backwards, or sideways.
- Make beginning, middle, and end moves, and put them together. Choose music to go with your movements. Count out the moves to match up with the beats in your music.
- Write down or draw your moves so you can remember them!

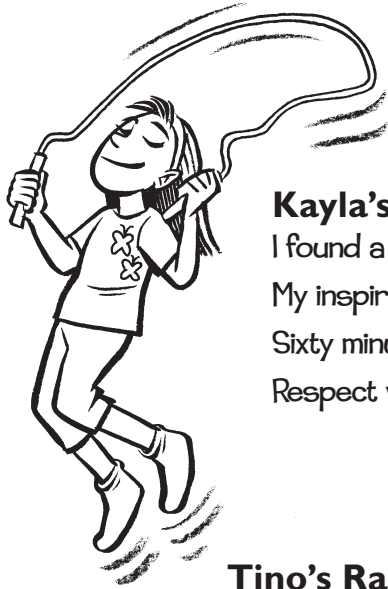


Poetry/Spoken Word How-to Hints

- Be creative!
- Poems can have any number of lines or syllables.
- Some poems rhyme, but not all poems need to rhyme.
- You can write a haiku poem. Haikus have three lines: The first line consists of five syllables, the second line has seven syllables, and the third line has five syllables again—the words don't need to rhyme.

(For example: *Healthy, active friends
Teach me how to eat and move.
Now I am my best.*)





Kayla's Rap:

I found a way to move, even when inside
My inspiration found within is where I live and thrive
Sixty minutes every day, so says Queen Activit e
Respect what your parents say, livin' life the healthy way!

Tino's Rap:

When I drank lots of soda, it made me crash and burn
It was just another lesson that I had to learn
Soda may be tempting, but it doesn't measure up
So water all day long, yeah-you know what's up!



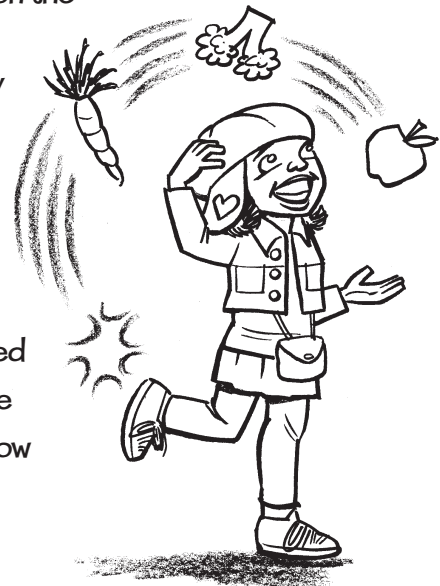
Max's Rap:

It took a game that came to life to show what I was missin'
Now I see the world outside and love the life I'm livin'
Playing games, watching shows, surfing on the Internet
Sixty minutes every day is where I set my limit at!



Dani's Rap:

I need to eat the foods that keep me energized
The only kind of food that I will ever supersize
Will be my fruits and veggies, 'cause now I know
That good food is the only way to go!





Move It! Say It! Do It! Choose It!

I want to: (check one)

- Make up a dance Write a rap Write a poem

★ ★ ★ My Creation ★ ★ ★

Write your poem or rap in the box below. If you made up a dance, write out the movements or draw what it looks like.



Readers' Theatre: The TV Workout

Characters: Ashley, Tino, Dad

Tino's sister, Ashley, is in the living room of the house, in front of the television. The TV is on. She is hula hooping while watching TV, and she has a bottle of water on the floor next to her. Her brother Tino enters the room with his soccer ball in his hands.

Ashley: Hey Tino!

Tino: Hey Ashley. What are you doing?

Ashley: The TV Workout. *(Ashley stops hula hooping for a moment and takes a drink of water.)*

Tino: Huh?

Ashley: It's a fun way to watch TV without becoming a couch potato! Want to try it?

Tino: Sure. What do I do?

Ashley: You get in front of the TV and turn on a show. But instead of just staying on the couch staring at the screen, you do other stuff, too! When a commercial comes on, I leave the room and do something that makes me move, like run up and down the stairs, or help take out the garbage.

Tino: What do you do during the show?

Ashley: I stay in front of the TV, but I do something active to get my heart rate up. Like right now I'm—

Before Ashley can finish her sentence, Dad enters and sees the kids in front of the TV.

Dad: Hula hooping! Ashley, I see you're doing the TV Workout! Can I join you?

Ashley and Tino: Sure!

They all begin hula hooping together.

TV Workout Challenge

Your assignment is to watch 30 minutes of television. Sounds pretty simple, right? But the TV Workout Challenge is not your normal TV-watching experience!

Preparation and Warm-Up

Grab a glass or bottle of water, and then get settled in front of a TV with this sheet and a pen or pencil.

Keep a watch or a clock with a second hand nearby so you can time your activities.

Warm up your wrists and ankles by shaking them gently for 10 seconds.

Challenge 1: Move for Five Minutes

Turn on the television, but **don't sit down!** For the first five minutes of your TV watching time, do the activities in the boxes below. When you have finished each one, make an "X" in the box. Take a drink of refreshing water. Relax and breathe until a commercial starts.

1. Neck Stretches-1 Minute

Shake your head "No" slowly 10 times. Nod your head "Yes" slowly 10 times. Tilt your right ear toward your right shoulder and hold, and then repeat on your left.

2. Arm Reaches-30 Seconds

Raise your right arm and reach up as high as you can for 15 seconds. Put your right arm down next to you and reach up with your left hand for 15 seconds.

3. Knee Lifts-30 Seconds

Bend your right knee and lift it up toward your chest, then put your foot back down. Now switch and lift your left knee up. Try 10 on each side.

4. Jumping Jacks-1 Minute

Start with your legs together and your hands by your sides. Jump both legs out and clap your hands above your head. Bring arms and legs back to your starting position. Repeat for 1 minute.

5. Jog in Place-1 Minute

Jog in one spot or in small circles for 1 minute.

6. Stretch-1 Minute

Sit on the floor with your legs straight out in front of you. Slowly reach for your ankles or toes and feel the stretch. Hold stretch for 1 minute.

TV Workout Challenge

Challenge 2: Take a Commercial Break

During the first commercial break, don't just sit there... walk away and do something to move your body! For example, you can take out the garbage, play with your pet, or walk up and down your stairs.

Challenge 3: Say It Out Loud!

(Hint: This is more fun when you play with another person!) During the next commercial break, turn the volume off. Pretend you are one of the people in the commercial. Every time that person talks, say out loud what you think the person is saying.

Challenge 4: Free Moving

During the rest of the commercial breaks (and whenever you feel like it), do some kind of active movement. Running, dancing, stretching, and playing with family members are all good options, or think of your own. Drink some more water!

Reflection

Which TV workout challenges were the most fun?

How did you feel when you spent time moving? How about when you were sitting?

What was one of the commercials trying to sell? What was the commercial trying to get you to do?

Was there a commercial that you saw more than once? What was it?

What other active things can you do during a commercial break?



A Day in My Life

Step 1: At Home

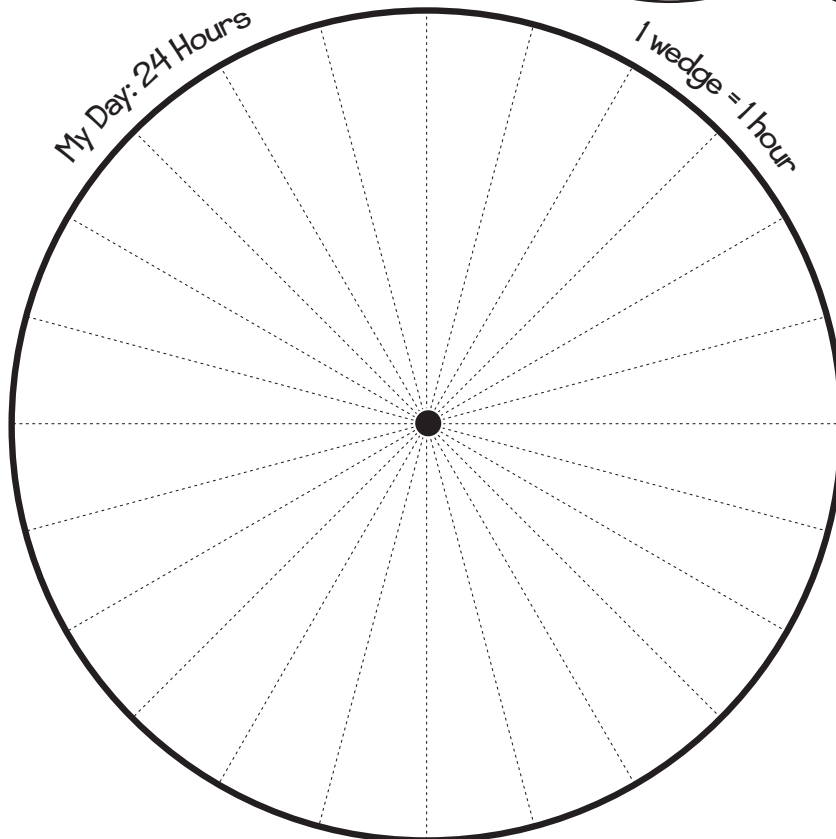
Fill in the hours you spend each day doing the following activities.

Step 2: In Class

You are going to make a pie chart of your day. Think about this circle as being one day. For each of your activities, shade in the fraction on the circle that it represents, and label it with the activity. *(Example: Max slept for 9 hours, which is 9/24 of his day. Max would shade in a wedge that takes up 9/24 of the circle.)*

My Activities

Getting Ready for School and Eating Breakfast: _____ hours	Housework/Chores: _____ hours
In School: _____ hours	Dinner: _____ hours
After School Activities/Sports/Classes: _____ hours	Screen Time: _____ hours (TV, videogames, Internet)
Active Play: _____ hours	Sleeping: _____ hours
Homework: _____ hours	Other Activities: _____ hours



Reflection

What did you do for the largest fraction of your day? _____

Write the fraction: _____

What activity used the smallest fraction of your day? _____

Write the fraction: _____

How big was your "screen time" fraction compared to your "active play" fraction? _____

Screen time fraction: _____

Active play fraction: _____

What surprised you about your pie chart? Why? _____



Water Create-A-Thon

Day 1: Water Quick-Write Questions

Use the back of this page to answer these questions.

1. What are the best things about drinking water?
2. What ideas or images come to mind when you think of water?
3. What can happen if a person does not drink enough water?
4. What would you say to encourage someone to drink more water?



Day 2: Scene Planning Tool

Use these steps in your group to create a 1–2 minute scene.

1. **Share:** Take turns listening to each other's answers to the writing prompts.
2. **Elect:** Elect your director and note-taker.
3. **Brainstorm:** Brainstorm ideas for the scene, for example, "A Day in the Life of a Water Molecule," or "The Thirsty Kids." The note-taker should list all the ideas.
4. **Vote:** Vote to choose which idea your group wants to develop.
5. **W's:** With the help of your director, decide what will be in the scene. Identify the 5 W's—Who, What, When, Why, and Where—and make sure the scene shows or explains these 5 W's.
6. **Improvise:** Decide which student will play each part, then improvise—make up on the spur of the moment—some lines for the scene.
7. **Script:** Choose the lines you like so the note-taker can write them as your script. Make sure the script has a beginning, a middle, and an end and that each student has a part.
8. **Props:** Create any props you want to use. If you don't use props, be sure to use very clear actions when using an imaginary prop.
9. **Rehearse:** Practice the scene until it's ready to perform. Remember, the director's job is to make sure the following happen:
 - The actors speak loudly enough for the audience to hear.
 - The actors stand where they will be seen by the audience.
 - The scene is 1–2 minutes long.

Water Drawing List

Make a copy of this page. Cut out the words appropriate for your class and fold each paper so that the word cannot be seen. Place the pieces of paper into a container. Feel free to add words to the container!

Hydrate	Snow	Energy	Ocean	Ice
Glass	Digestion	Water Bottle	Splash	Bath
Rain	Drop	HydroGirl	Thirsty	Sprinkler
Fog	Sweat	Tears	Faucet	Hose
Clouds	Swim	Lake	Sparkling	Bucket

Name: _____



My Rainbow of Fruits and Veggies

Create your rainbow in the box below. In each color of the rainbow, draw or list your favorite fruits and veggies of that color.

Artist's Signature: _____

Draw or write examples of fruits or vegetables for each vitamin or mineral below.

Vitamin C	Vitamin K	Vitamin A	Calcium

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Readers' Theatre: Trouble at the Snacky Mart

Characters: Tino, Kayla, Max, Dani

It's after school. Tino, Kayla, Max, and Dani are walking home after playing a basketball game, and they are hungry for a snack. They walk into a nearby convenience store, and the scene begins.

Max: Man, that was a good game. I'm so hungry now.

Dani: You're all such great basketball players. Thanks for taking me with you today.

Kayla: I'm so excited that our parents are letting us walk home!

Tino: Yeah, and here comes the best part about walking home...

ALL: THE SNACKY MART!!!

Tino: I can't wait to get some cool food! I'm going to get some hot chips and a giganto-size slushie. Dani, what are you getting?

Dani: Guys, I don't know how I feel about the whole "cool food" thing anymore. I'm feeling kinda off my game...I think those super-size chips and sodas might be slowing me down.

Max: What are you talking about?

Dani: That apple is looking pretty good to me. Coach says, "An apple is a snack that gives back."

Max: What does that mean? Gives back?

Dani: It means that the food gives back to your body. It makes you feel good, and gives you energy without being full of junk like sugar, fat, and chemicals.

Max: Hey, let's go look at the drinks. I'm thirsty.

Dani: I was hoping to get a big bottle of water.

Max: No way. You gotta get the new Liquid Fire Energy Drink.

Kayla: Ooh, I want to try that. It has the coolest commercial!

Tino: The one where the guy drinks it and his feet become two big fire balls and he blasts off into the sky...I love that!

Everyone but Dani walks away to look at the energy drink display. Dani is left alone in front of the water display.

Dani: I want my friends to think I'm cool, but I don't want to keep eating junk food. What should I do?



My Superhero Story

The Superhero

Create your own healthy superhero! *(An example of a healthy superhero could be a girl who can fly every time she eats a piece of fruit.)*

What is your superhero's name? _____

What powers does your superhero have? _____

What does your superhero do to be his or her best? _____

What is your superhero's healthy message? _____

How does your superhero spread that message?



Name: _____

My Superhero Story

The Storyboard

Use this storyboard to write a story about your superhero. Tell the story scene by scene. Use one box for each scene. Write the description of the scene in the grey section at the top of each box, and draw the action in the bottom part of the box.

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The Best Me and Beyond: A Discovery Project

Choose a project from the list below, or think of another project about healthy eating and active living. Your project must include the following three parts:

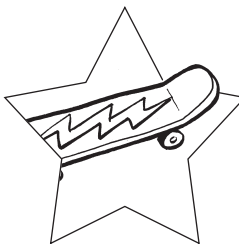
- **Written Report:** A one or two page written report about the topic.
- **Visual Aids:** A poster, chart, diorama, or other visual aid explaining the project.
- **Presentation:** An oral report or short scene that involves the project topic.

Project Ideas List



Local Crops: What fruits and vegetables are produced in the area where you live? How are they grown? What kinds of environmental conditions are needed to help these foods grow? What kinds of resources are needed to produce these foods? How do they get to your dinner table?

Water Challenge: Why is water so important to your body? Set a goal for how much water you would like to drink each day. Keep track of your water intake for three days and show it on a line graph. Interview other students regarding their water intake and graph the class' water intake.



Activity Adventure: Every day for a week do a physical activity you normally do NOT do, for example, sit-ups, running in place, jumping jacks. Each time, record your heart rate before and after doing the activity for three minutes. What muscles did you strengthen? How did it feel to do a new activity? Did you discover a new activity that you really like and want to continue?

Taste Test: Select two different vegetables or fruits, and conduct a side-by-side taste test. Blindfold volunteers and have them taste both items. Ask the volunteers to rate the foods based on taste and texture. Gather the results to present to the class. *(Some sample food ideas: a red grape versus a green grape; two different types of salsa; two varieties of apples; bottled versus tap water.)*



Heart or Digestive System Investigation: Choose the heart or the digestive system. Investigate what it does, what all of its parts are, and what each part does. Make a visual representation to show to the class.

The Best Me Review

Move for an Hour! (Basic)

1. What is the minimum recommended amount of physical activity for young people every day?
 - a. 20 minutes
 - b. 45 minutes
 - c. 60 minutes
2. Which of the following activities will move your body and raise your heart rate?
 - a. Sitting on the couch, playing a video game
 - b. Riding a bike
 - c. Watching a football game on TV

Move for an Hour! (Intermediate)

3. Which of the following things does your heart NOT do?
 - a. Pump blood so that it can circulate through your body and keep you alive
 - b. Digest your food
 - c. Get stronger each time you do something active
4. What does *bpm* stand for?
 - a. Blood Pumped per Minute
 - b. Beats Per Minute, when measuring your heart rate
 - c. Body's Perfect Measurements
5. Why is it important to exercise?
 - a. To prevent cavities
 - b. To improve your vision and hearing
 - c. To make your body stronger and healthier

Move for an Hour! (Challenge)

6. Max raises his heart rate for one hour every day to strengthen his heart muscle: He walks from home to school and back every day; the walk takes 15 minutes each way. He also rides his bike for 30 minutes every day. When should he measure his heart rate if he wants to get his HIGHEST heart rate?
 - a. While he is walking to school
 - b. Right after he finishes riding his bike
 - c. Right after he finishes walking to school

Get Away from the Screen! (Basic)

7. Fill in the blank: *Screen time* is the amount of time you spend _____.
- In line at the store
 - Behind a curtain
 - In front of any screen—television, video games, or on the Internet
8. Fill in the blank: In order to feel energetic, healthy, and active, it's important to limit screen time to less than _____ minutes per day.
- 45
 - 60
 - 120

Get Away from the Screen! (Intermediate)

9. Name three fun things you can do that do NOT take place in front of a screen.
- _____
10. Fill in the blank: The average American child spends more time watching television than doing any other activity except _____.
- Sleeping
 - Homework
 - Walking

Get Away from the Screen! (Challenge)

11. What is the TV Workout?
- A new video about exercising
 - A fun way to watch TV without becoming a couch potato
 - An exercise routine for adults only

Water All Day Long (Basic)

12. Fill in the blank: To feel your best, you should drink more water and less _____.
- Cereal
 - Milk
 - Soda and juice drinks
13. What kinds of food are great sources of water for your body?
- Fruits and vegetables, like oranges and celery
 - Grains, like white bread and pasta
 - Meats, like chicken and turkey

Water All Day Long (Intermediate)

14. What does the “g” on *Nutrition Facts* labels stand for?
- Grams
 - Grains
 - Great
15. How many teaspoons of sugar are in a 20-ounce bottle of regular (not diet) cola?
- 16 $\frac{1}{4}$
 - 5
 - 0

Water All Day Long (Challenge)

16. Approximately what percent of your brain is composed of water?
- 75%
 - 20%
 - 100%
17. If a drink contains 20 grams of sugar, and there are 4 grams in a teaspoon, how many teaspoons of sugar are in that drink?
- 10
 - 20
 - 5

Good Food (Basic)

18. What type of foods should fill half of your plate at every meal?
- Rice
 - Chocolate brownies
 - Fruits and vegetables
19. If you can't pronounce and don't recognize many of the ingredients on a *Nutrition Facts* label, what's the best thing to do?
- Ignore the ingredients and eat the food anyway.
 - Eat the food, then look in a dictionary to find out what you just ate.
 - Don't eat it!

Good Food (Intermediate)

20. What is the most important meal of the day? Why?
- a. Breakfast, because it gets you going in the morning, and gives your brain the power it needs to start your day right
 - b. Lunch, because if you don't eat it, it's going to feel like a long time to dinner
 - c. Dinner, because you are hungry when you eat it
21. Why is fresh fruit a healthier choice than fruit juice?
- a. Because it's easier to carry
 - b. Because it has more fiber and less sugar
 - c. Because it costs less
22. What is a gram?
- a. The name of Tino's best friend
 - b. How nutrients are measured in food and drinks
 - c. A carrying case for food

Good Food (Challenge)

23. Name three foods that are good sources of vitamin C.
- _____
24. Which of the following snacks gives the most back to your body? Why?
- a. Fiery Hot Cheese Whirlies—the hot spice gives you energy
 - b. An orange—it contains fiber and vitamin C, which helps the body heal, and it's a good source of water
 - c. Pretzels—the salt makes you want to drink water, which your body needs

The Best Me Review—Answer Key

Move for an Hour! (Basic)

1. c
2. b

Move for an Hour! (Intermediate)

3. b
4. b
5. c

Move for an Hour! (Challenge)

6. b

Get Away from the Screen! (Basic)

7. c
8. b

Get Away from the Screen! (Intermediate)

9. Possible answers: playing sports, dancing, walking the dog, spending time with friends and family, cooking a healthy meal, reading, drawing, skateboarding, riding your bike.
10. a

Get Away from the Screen! (Challenge)

11. b

Water All Day Long (Basic)

12. c
13. a

Water All Day Long (Intermediate)

14. a
15. a

Water All Day Long (Challenge)

16. a
17. c

Good Food (Basic)

18. c
19. c

Good Food (Intermediate)

20. a
21. b
22. b

Good Food (Challenge)

23. Possible answers: grapefruits, oranges, broccoli, bell peppers, tomatoes.
24. b



OPENING BEST ME RAP-OFF

TINO/KAYLA/DANI

*The best me is the way to be!
The best me is the way to be!
The best me is the way to be!
The best me is the way to be!*



TINO

*Pongo la soda en mi mano, and I won't stop
Porque me gusta, and I can't stop, and I won't stop...*

DANI

*STOP!! Tino drinking all that soda that's not the answer
I'm my best me because I'm a dancer
I'm a star inside and yes I can prove it
I don't have to drink soda I just have to groove it*

MAX

*You just groove it, huh? What do you mean?
The best me I can be is in front of a screen
And I couldn't do that if I didn't eat right
I'll beat you at Street Skate day or night*

TINO

*Max, Max, Max
Here are the facts:
This might be, oh, none of my beeswax.
Pero tu no sabes que your mind's been hijacked.
The best me I can be is on the soccer field
Not hangin' out with video game guys that are ...fake.*

KAYLA

*Tino, Tino, Tino
Amigo we're friends right?
But I gotta tell you that your rhymes are not tight.
We got a lot of ideas, we got a lot of heart
"The Best Me" I can be? Where do we start?*

"TAKE BACK THE POWER"

QUEEN

*We're livin'
in a society*

*Where all the children
Don't get a chance to be*

*Running, jumping, laughing and free
Don't be mad that your parents care about your
safety*

*The world can't stop you if you want to play!
Move your body, move your body
for an hour every day!*

*Take back the power
and move
for an hour!*

*Take back the power
and move
for an hour!*

*Jump up, jump up, and get down
Move your body
move your body all around
You can bust a move
You can dance and sing
Sitting right where you are
Go and shake that thing!*

*(Guys backstage sing: Go and shake that thing
girl...
Go and shake that thing girl.)*

*Now wave your hands in the air
Wave 'em like you just don't care
If you're ready to take back the power
And move for at least an hour
say, "Oh, yeah!"
(Audience: Oh, yeah)
"Oh, yeah!"
(Audience: Oh, yeah)*

*Hey, Kayla, have you got the groove?
(to audience) say, "Yo! Kayla, bust a move!"*



*(Audience and guys backstage:
"Yo! Kayla bust a move!")*

*Okay, this time I wanna play, say,
"Go, Queen Activitée!"*

*(Audience and guys backstage:
"Go, Queen Activitée!")*

KAYLA

*Now say "Thanks Queen Activitée!"
(Audience and guys backstage:
"Thanks Queen Activitée!")*

*I don't have to just sit in this house and pout,
I can be creative, I can work it out!*

*I can
Take back the power
and move
for an hour!*

*(to audience) Oh yeah!
(audience responds) Oh yeah!*

*(to audience) Oh yeah!
(audience responds) Oh yeah!*

*This world can't stop you if you want to play!
Move your body, move your body
for an hour every day!*

Holla



“GET AWAY FROM THE SCREEN”

SANO

*So, the road's rolling under my wheels, like
this must be what reality feels like
Real trees, real heat, real breeze, real feet!*

*If you could get
from here to there
in actual air?
Sweet!*

*There's so much stuff out there to be seen,
If you get up and get away from the screen!*

*There's so much stuff out there to be seen,
If you get up and get away from the screen!*

*If you could get out there, you'd be groovin'
You've got all these places to move in*

*Playgrounds, parks, and swimming pools,
Your own backyard, or the yard at school*

*If you had the chance
to move around
on actual ground?
Cool!*

SANO AND MAX

*There's so much stuff out there to be seen,
If you get up and get away from the screen!*

*There's so much stuff out there to be seen,
If you get up and get away from the screen!*

*Get away from the screen
Get away from the screen!*



"GOOD FOOD"

TOMATO/LETTUCE/CARROT
Juicy, Munchy, Crispy, Crunchy
Juicy, Munchy, Crispy, Crunchy
Juicy, Munchy, Crispy, Crunchy
Good Food!

Juicy, Munchy, Crispy, Crunchy
Juicy, Munchy, Crispy, Crunchy
Juicy, Munchy, Crispy, Crunchy
Good Food!

Good Food!

DANI

*(Gimme those apples, peaches,
 plums, and nectarines)*

TOMATO/LETTUCE/CARROT
Good Fooooood!

DANI

*(Gimme that bok choy,
 cucumbers, and lima beans)*

TOMATO/LETTUCE/CARROT
Good Fooooood!

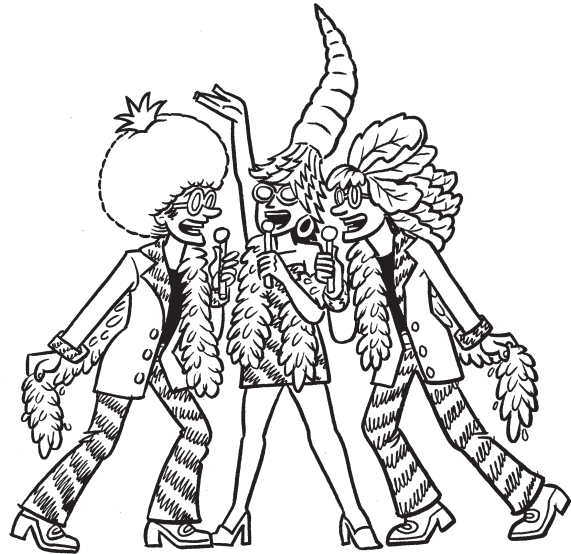
DANI

*(What about kiwi, melon,
 grapes, and strawberries?)*

TOMATO/LETTUCE/CARROT
Good Fooooood!

DANI

*(What about peppers,
 radishes, and zucchini?)*



TOMATO/LETTUCE/CARROT
Good Food

DANI
Good Food

TOMATO/LETTUCE/CARROT
Good Food

DANI
Good Food

TOMATO/LETTUCE/CARROT
Good Food

Juicy, Munchy, Crispy, Crunchy
Juicy, Munchy, Crispy, Crunchy
Juicy, Munchy, Crispy, Crunchy
Good Food!

Juicy, Munchy, Crispy, Crunchy
Juicy, Munchy, Crispy, Crunchy
Juicy, Munchy, Crispy, Crunchy
Good Food!

DANI

(to audience) Let me hear you say good food
(audience response)

(to audience) Let me hear you say good food
(audience response)

(to audience) Let me hear you say good food
(audience response)

Good Foooood!

