

“FOOD RAPS”

ZIP

For YOU to become what you want to be. You’ve got to choose nutritiously!

LULA

You live in your body like you live in a house.

SAM

And it’s only as strong as you build it.

ZIP

Feed my body with grains, the whole kind.

SAM

Grains energize my body and my mind!

LULA

That’s your whole wheat bread, pita, spaghetti and brown rice!
And corn tortillas y tamales- que rico!-

SAM

The glory of grain! Cereal, oatmeal, and popcorn!

ZIP

We got grains in the house!

LULA

Brown rice in the house!

SAM

We got bread in the house!

ZIP

We got tortillas in the house!

ZIP

Keep building your body, put it all together.

SAM

Put fruit in one side and veggies in the other.

ZIP

These foods give us strength we need.

SAM

Put the dairy in yours, give the protein to me!

LULA

Put it together for healthy ideal.
Now try it out and build yourself a meal!

SAM

To build your body here's a great theory
Grains, fruit, veggies, protein and dairy!

ALL

We got grains in the house
We got fruit in the house
We got veggies in the house
We got protein in the house
We got dairy in the house!