



♥ HEALTHY START ACTIVITY 28 ♥

THE HEALTHY TRAIN SONG



Teach the song, The Healthy Train
(To the tune of: "The Wheels on the Bus")

Teach the first verse of the song:

*The Healthy Train needs
Food to go, food to go, food to go
The Healthy Train needs food to go
All through the day!*

Now add a food and sing the next verse:

*The Healthy Train needs
(low fat milk, low fat milk, low fat milk)
The Healthy Train needs (low fat milk)
All through the day!*

Add each of the following foods to the song and sing the last verse.

*Fruit to go, fruit to go, fruit to go
Vegetables, vegetables, vegetables
Cereal, cereal, cereal
Lots of bread, lots of bread, lots of bread
Beans beans beans, beans beans beans, beans beans beans
Water to drink, water to drink, water to drink*