



Color Me Healthy NEWS

preschoolers moving & eating healthy

Color Me Healthy

It's time to play, we're going out, all my friends and I
Bright yellow sun, soft white clouds, up in a sky blue sky
Tumbling in the green green grass, how fast can you run?
We are going to have ourselves a wagon full of fun

Color me color me color me color me — Color me healthy
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We are going to have ourselves a wagon full of fun

I've played hard, I'm 'bout to starve what do I want to eat
Apple red, celery green, oranges are sweet
Purple grapes, pink grapefruit, what's your favorite one?
We are going to have ourselves a wagon full of fun

Color me color me color me color me — Color me healthy
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We are going to have ourselves a wagon full of fun

I'm piling up my wagon high with all my favorite treats
I'm pulling it behind me as I'm dancing to the beat
I'm so free you can't catch me no matter how you run
Look out 'cause I'm coming with my wagon full of fun

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Heartbeat Beat

When I walk around (beat beat)
My heart makes this sound
(beat beat)

I walk faster, it beats faster
I can feel my heartbeat beat

When I dance around (beat beat)
My heart makes this sound
(beat beat)

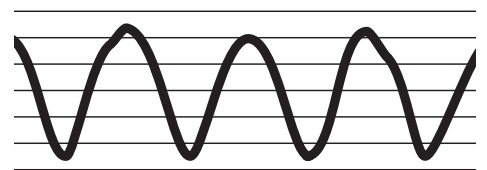
I dance faster, it beats faster
I can feel my heartbeat beat

When I jump around (beat beat)
My heart makes this sound
(beat beat)

I jump faster, it beats faster
I can feel my heartbeat beat

When I run around (beat beat)
My heart makes this sound
(beat beat)

I run faster, it beats faster
I can feel my heartbeat beat





Try New Foods

(to the tune of *Bingo*)

If you have a favorite food
You can try a new one
You can try new foods
Something new to you
If you try new foods
Then they can be your
favorites too

If you like apples, try a pear
Like carrot sticks? Try celery
You can try new foods
Something new to you
If you try new foods
Then they can be your
favorites too

If you like grapes try cherries too
Like corn-on-the-cob, try string
beans
You can try new foods
Something new to you
If you try new foods
Then they can be your
favorites too

If you have a favorite food
You can try a new one
You can try new foods
Something new to you
If you try new
foods
Then they
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Play Outside

We're gonna play outside
We're gonna play outside
I can't wait
My favorite part of the day
We're gonna play outside

It's finally time
Mr. Sun is out
Gonna feel so fine
Makes me wanna shout

We're gonna play outside
We're gonna play outside
I can't wait
My favorite part of the day
We're gonna play outside

When skies are grey
I can stay inside
But not today
We're gonna play outside

We're gonna play outside
We're gonna play outside
I can't wait
My favorite part of the day
We're gonna play outside
We're gonna play outside

Taste the Colors

(to the tune of *This Old Man*)

We love food colored green
Bell peppers and long string beans
Pickles, celery, cucumbers too
All these foods are good for you

Yellow foods are fun to eat
Bananas are a special treat
Squash and corn and lemon
wedges, too
All these foods are good for you

We love food colored red
Cherries, apples, jam on bread
Raspberries, tomatoes too
All these foods are good for you

We love food that's orange too
Carrot sticks and orange juice
Cantaloupes and sweet potatoes too
All these foods are good for you

All these foods are fun to eat
Colors make them special treats
Taste the colors one by one
Healthy foods are lots of fun



The Picnic Song

(to the tune of *Twinkle Twinkle*)

When you have the same old snack
That your Mom or Dad has packed
Spread your blanket on the floor
Now pretend you are outdoors
Picnics are a lot of fun
Let your smile shine like the sun

Grass so green and trees so high
Look up and see the clear blue sky
With pretend we have the chance
Eat outside with all those ants
Picnics are a lot of fun
Let your smile shine like the sun