

My New Pyramid

By KJ/Kimbo

Check out my new Pyramid
I want to be a healthy kid
Meat and beans, milk and fruit
Vegetables and grains to boot
Check out my new Food Pyramid

Get some grains, it's what you need
Breads, pasta, or rice to feed
Eat some colored vegetables
Green and orange make you full
And beans will add to what you need

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Bake it, broil, grill it, too
Lean meat's good for me and you
Don't forget to balance in
Peas and nuts and fish within
Everyday, it's what you do

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Bridge:

So keep a healthy diet

And exercise, just try it!

Make you fit, makes you strong

Keeps you living oh so long....

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Know your limits

Know the facts

Still enjoy those flavored snacks

Water's great

Milk is cool!

Check it out there in your school

Breathe in deep...and relax... (breathe deeply)

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