

I Can Be Healthy

To the tune of Miss Mary Mack

I can choose an everyday snack, snack, snack!

(Partner repeats.)

I can choose a carrot, carrot, carrot!

I can choose a pear, pear, pear!

(Take turns naming a new fruit or vegetable snack. When you cannot name any more, move to the next part.)

I can make my heart beat fast, fast, fast!

(Partner repeats.)

I can go on a walk, walk, walk!

I can jump really high, high, high!

(Take turns naming an outdoor activity to try after school. When you can cannot name any more, move to the last part.)

I can choose everyday snacks, snacks, snacks!

I can move and play hard, hard, hard!

I can be healthy and strong, strong, strong!

I can help prevent diabetes, diabetes, diabetes!



Eagle
Adventure

Eagle Adventure Hand Clapping Game – Together we can prevent diabetes!

EAGLE

To the tune of Bingo

E-A-G-L-E

Broccoli, raisins, apples, please

E-A-G-L-E

Mr. Eagle was his name, oh

R-A-B-B-I-T

Carrots, lettuce, peaches, please

R-A-B-B-I-T

Miss Rabbit was her name, oh

Yes, I can do it!

Yes, I can do it!

Yes, I can do it!

I can choose healthy snacks today, oh!



Material funded by USDA SNAP. This institution is an equal opportunity provider and employer. For more information on SNAP or FDP, visit GetFreshCooking.com.