



# 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  
Color me color me color me color me — Color me healthy  
Color me color me color me color me — Color me healthy  
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)

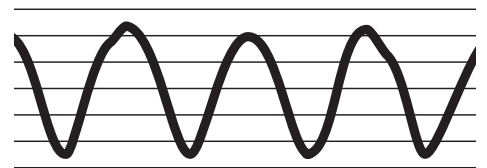
I dance faster, it beats faster  
I can feel my heartbeat beat

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  
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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