

Food For Kids

Food is good and tastes delicious,
Keeps you healthy, it's nutritious.
Food will also help you grow,
Make you strong, when you throw.

Eating foods that are purple and green,
Will make you into a healthy teen.
Many great foods, are really yummy,
If you eat too much, you'll hurt your tummy.

About healthy foods, you should read,
Learn what kids really need.
Food information you could share,
With your family, and show you care.