



I'm Learning to Choose

I'm learnin **what, what, what...** kids: "what, what, what"

What my **body** needs.... kids: "what my body needs"

Like **fruits**... and **veggies**....

(2nd time: like **milk**... and **water**)

I'm learnin **how, how, how**.... kids: "how, how, how"

How to make my **snacks**.... kids: "how to make my snacks"

Like **mixing**.... And **chopping**....

(2nd time: like **washing**... and **peeling**)

I'm learnin to **choose, choose, choose**... kids: "choose, choose, choose"

Choose my **healthy** foods.... kids: "choose my healthy foods"

Like **fresh**.... With **colors**....

(2nd time: like **choosy**... **choosy**)

I'm eating **with, with, with**.... kids: "with, with, with"

With my **Choosy** friends... kids: "with my Choosy friends".

Now everybody **dance** and **sing**

Everybody **dance** and **sing**

I'm moving, I'm **learnin**,

I'm moving, I'm **learnin**,

I'm **learnin** to **choose**, and

I'm **choosing** to like **foods** that are good for **me**.

"I'm moving, I'm **learnin**,

I'm moving, I'm **learnin**,

I'm **learnin** to **choose**, and

I'm **choosing** to like **drinks** that are going to give me **energy**."

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