



Nutrition Pyramid

BRAIN BOOGIE BOOSTERS

By The Learning Station & Dr. Becky Bailey

Let's build a food pyramid just right.
Grains, veggies, fruits and meat are out of sight.
Nutritious foods keep us healthy and strong and powers our bodies all day long.
We can dance, sing, work and play with energy that lasts all day.
Here's a little game we'll play to help us get it right in every way.
Listen careful to what I shout.
Healthy food choice is what this game's about.

Grain group foods are really neat.
Carbohydrate energy, it's what we need to play, learn and sleep.
Say, whole wheat, say bagel, say rye and rice.
Say spaghetti, macaroni, variety is nice.

Veggie groups give A and C.
Those are vitamins that help us fight disease.
Say carrots, say broccoli, lettuce and peas.
Say green beans, corn, more cauliflower please!

Fruit groups have most of vitamin C,
To help our body heal our cuts with ease!
Say apples, say oranges, bananas and grapes.
Say strawberries, say kiwi, papaya is great!

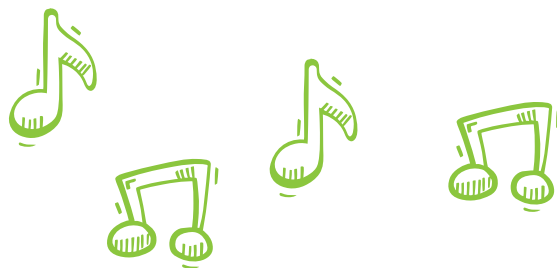
Milk group's calcium builds bones and teeth.
It keeps our bones real strong from our head down to our feet.
Say yogurt, say milk, cheddar and Swiss.
Say ice cream, say pudding pops, milk shake bliss!



Meat group foods help make our muscles strong,
And energizes us the whole day long.
Say beef, say pork, chicken and fish.
Say beans, say eggs, a yummy dish!

Put these groups together, eat healthy every day.
Your body will thank you in each and every way!

(Repeat)



Conscious Discipline®



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A surplus of sugar activates the pancreas to release insulin to stop the excess sugar from damaging the brain. Too much insulin creates poor concentration, anxiety, headaches and lethargy. Eat right to think right!

Directions are contained in the song.

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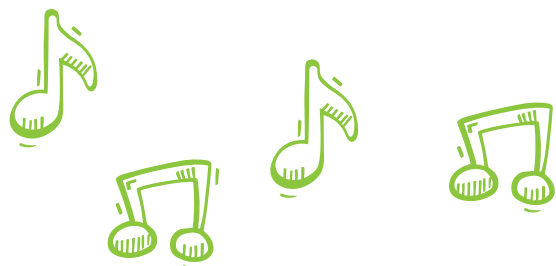


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