

## Healthy Me!

Chorus

All: Hey! Hey! Hey! Hey! Hey! Hey!  
 Hey hey hey, stay  
 Healthy, HEY!  
 Healthy me, ME!  
 Healthy you, OO!  
 We're healthy BE,  
 Cause we choose TO,  
 Eat well, sleep, play,  
 The healthy way,  
 We exercise and sleep, eating  
 Fruit and vege helps me stay  
 Healthy, healthy, HEY!

V1

All: It's Sunday, what shall I do?  
 Solo: It's Sunday and you must choose to  
 Watch tv or play, what will you do?  
 All: Watch tv or play, let's think. Hmmm.  
 What will help me stay healthy. Hmmm.  
 Half A: I will go outside and play.  
 Half B: I will watch the tv all day.

Half A: Run, jump, run,  
 Half A: We are having fun outside,  
 Run around, slide down the slide.  
 Run, jump run.  
 Half B: I am bored of watching telly,  
 Now my legs have turned to jelly.

All: Next time I'll play ay ay ay  
 Next time, I'll play  
 2MH: Exercise,  
 2MA: Exercise,  
 2LA: Exercise,  
 All: Helps me stay  
 Healthy.

V2

All: It's bedtime, what shall I do?  
 Solo: It's bedtime and you must choose to  
 Sleep or stay awake, what will you do?  
 All: Sleep or stay awake, let's think. Hmmm.  
 What will help me stay healthy. Hmmm.  
 Half A: I will sleep the night away.  
 Half B: I will stay awake to play.

Half A: Snore phew, snore, phew  
 Half A: Time to get up, I feel great  
 Time to learn and concentrate.  
 Half B: I will NOT get up today,  
 At school what will teacher say?

All: Next time, I'll sleep  
 Next time, I'll sleep.  
 2MH: Lots of sleep,  
 2MA: Lots of sleep,  
 2L: Lots of sleep,  
 All: Helps me ... stay  
 Healthy.

V3  
 All: Breakfast time, what shall I do?  
 Solo: Breakfast time and you must choose to  
 Eat some fruit or cake, what will you do?  
 All: Eat some fruit or cake, let's think. Hmmm.  
 What will help me stay healthy. Hmmm.  
 Half A: I will have some fruit to eat  
 Half B: I will have some cake and sweets

Half A: Nom nom nom,  
 Half A: My fruit gives me energy  
 For my day I am ready.  
 Half B: My cake has cream that is thick.  
 But now I am feeling sick.

All: Next time like you ooo ooo ooo  
 I'll have the fruit  
 2MH: Fruit and vege,  
 2MA: Fruit and vege  
 2L: Fruit and vege,  
 All: Helps me, stay  
 Healthy HEY!

All: What have we learnt?  
 What do we know?  
 What can we do?  
 What helps us grow?  
 2MH: Exercise  
 2MA: Lots of sleep  
 2L: Fruit and vege  
 All: Helps me, stay  
 Healthy. HEY!