



SuperKids Eat Superfoods

Soda, candy, cookies, cake
Taste good now, but make no mistake

Empty calories- make you obese
Starved of nutrients, you eat without cease

Avoid foods that are nutrition zeroes
Eat Superfoods that are healthy heroes

Superfoods are fruits and veggies that top the charts
Good for brain, eyes, bones, and heart

SuperKids enjoy the foods they eat
Main meal sides or snacks for a treat

Fruits and Veggies can't be beat
These Superfoods help the body from head to feet

High in vitamins and nutrients we need
Try a banana, an orange, or some broccoli

All three of these foods will strengthen your heart
Eating spinach and strawberries will help you stay smart

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SuperKids play sports and games that are fun
Cherries and pineapples keep joints ready to run



Nobody likes being sick and in bed
You can stay healthy eating bell peppers that are red

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How to play the song:

- Using an internet browser go to:
http://www.dole5aday.com/MusicAndPlay/M_Home.jsp
- Right click on the **Fit Kid** MP3 green arrow
- Click Save Target As
- Save on the desktop
- Once it is downloaded, click Open
- It will automatically play the song

Using the CD provided

- Insert CD into a computer's CD Drive
- Double Click on 5 A Day Dole song
- Or using a boom box, play the CD in the CD compartment.