

MRS. NUTRITIOUS
Peggy Gernerd 2008

**“I’m Mrs. Nutritious, your super heroine of the day!
I’m Mrs. Nutritious, here to chase those bad foods away
Fighting the crimes of fats and sweets
I’m here to clean up the classrooms, to clean up the streets!**

**My arch enemies are: processed food (Boo!) and empty calories (Boo!)
They harm your heart and they harden your arteries.**

My partners in the fitness fight are Mr. “Gym” Class (Yay!) & Mrs. Recess (Yay!), but I digress.”

(Music intro. 2 times)

***I’m Mrs. Nutritious and I’m here to say
You need to eat your fruits and veggies every day
They’ll make you feel happy, they’ll make you feel strong
So eat these good foods all day long:**

**Apples, bananas, grapes and pears
Put the “lime in the coconut”, hey, who cares?
Broccoli, celery, cauliflower, too
Eat them in every color ‘cause they’re good for you.**

**Get your vitamins A, B, C!
Lots of good nutrition, you will see.
Your bones will get stronger, your teeth will get whiter
You’ll have more energy and what could be finer?**

**Peel a banana, it’s so appealing!
Pull off the orange rind, it’s so revealing!
Listen to me and hear what I have to say,
“Eat an apple a day and keep the doctor away!”**

(Music intro. 2 times)

***Repeat to “You’ll have more energy and what could be finer?”**

Mrs. Nutritious (Yay!!!)