

# THIS IS MY BODY



**Songs to celebrate bodies and help keep them healthy**

# 1 | Crave My F.A.V.

Something I crave means something I like. It means I think about it every day and night. Right now all I'm thinking about is my F.A.V. My F.A.V., that's right and I'll tell you what it means.

(Chorus)

Woo Hoo, the F is for the fruits and woo Hoo, the V is for the vegetables.

When I crave my F.A.V.  
my heart feels better.

When I crave my F.A.V.  
my bones get stronger.

When I crave my F.A.V.  
my muscles get bigger.

When I crave my F.A.V.  
my legs jump higher.

Alright, this time I want everybody in the room to sing about their F.A.V.

Their F.A.V. Fruits and Vegetables! Okay?

Here we go...

(Chorus)

When I crave my F.A.V.  
my heart feels better.

When I crave my F.A.V.  
my bones get stronger.

When I crave my F.A.V.  
my muscles get bigger.

When I crave my F.A.V.  
my legs jump higher.

Yeah!

## 2 | Stir The Soup 1

Let's make a healthy soup  
out of yummy colors.

When I say yellow is, you  
say yummy. Yellow is...  
Yellow is... (x2)

Now peel your yellow  
bananas. Peel your  
yellow corn. Peel your  
yellow apples. Choosy's  
in the kitchen getting  
things warm, yeah!

(Chorus)

Now throw it in the pot  
and stir the soup. Stir the  
soup. Stir the soup (x2)

When I say green is you  
say great. Green is...  
Green is... (x2)

Now chop your green  
broccoli. Chop your  
green spinach. Chop  
your green pears. This  
will taste so good when  
we are finished Uh huh!

(Chorus)

When I say red really  
you say rocks. Red really...  
Red really... (x2)

Now pick your red cherries.  
Pick your red beets.  
Pick your red tomatoes.

The healthy soup is ready  
to eat mmm mmm!

(Chorus) (X2)

### 3 | Stir The Soup 2

Let's make a healthy soup  
out of yummy colors.

When I say orange is you  
say ok. Orange is...  
Orange is... (x2)

Now peel your orange  
peaches. Peel your  
orange carrots. Peel your  
orange mangos. This will  
taste so good. I can't wait  
to share it! Uh huh

(Chorus)

Now throw it in the pot  
and stir the soup. Stir the  
soup. Stir the soup (x2)

When I say white you say  
wow. White... White...(x2)

Now chop your white  
cauliflower. Chop your  
white potatoes. Chop  
your white mushrooms.  
It's all smelling good you  
know I can't wait so

(Chorus)

When I say purple is you  
say power. Purple is...  
Purple is... (x2)

Now pick your purple berries.  
Pick your purple grapes.  
Pick your purple cabbage.

Now take your first bite  
doesn't that taste great?  
Uh huh!

(Chorus) (X2)

## 4 | March

All right Choosy Kids  
It's time for the colorful  
and exciting Choosy Kids  
Club Parade. Now when  
you hear the whistle, I  
want you to pretend to  
play your favorite  
instrument and march  
all around the room  
without bumping into  
each other.

Is everybody ready?  
Let's try it!  
1-2-Ready-March

(Music Plays)

Well that was cool!

(Music Plays)

This is Fun!

(Music Plays)

And stop!

OK, now Choosy is  
going to lead the parade.

You're going to have to  
listen carefully to what  
Choosy tells you to do.  
And remember, make sure  
you are not bumping into  
anyone and you march  
only into open spaces.

OK everyone, listen  
carefully, here we go!

1-2-Ready Forward

(Music Plays)

Backward

And forward, Slow turn

Backward

March in place

And forward, Slow turn

Forward

Backward

March in place

1-2 and stop!

Great Job Everybody!

## 5 | Gallop

Well, Howdy there Choosy Partners and welcome to the Choosy Kids Farm. Choosy invited you all here today so you could learn how to gallop. A lot like those horses over there you are going to start by playing a little foot game. It's called step chase and here's how it works:

You step with one foot and chase it with the next. Now let me see you try your best!  
1-2- here we go.  
Step, Chase (x15) Step

Now you are going to do step chase just a little bit faster, so that you're galloping and remember Choosy Kids don't bump into anyone and they only gallop into open spaces.

You've learned to gallop with the greatest of ease. I think you're ready to pick up the speed. So, won't you join me all you Choosy friends and let me see you step chase over and over again?  
1-2 Ready go.  
Step, Chase (x31)

And Freeze!

## 6 | Slide

Hey, Choosy Kids. Let's play a foot game called step, chase to help us practice sliding. Now everyone point to one side to help you remember which way to go.

I hope you're ready to step and chase. Now everybody try it sideways!

1-2- Ready, Go!  
Step, chase. Step, chase.  
Step, chase. And Freeze!

Point to the other side.  
1-2 Ready, Go!  
Step, chase. Step, chase.  
Step, chase. And Freeze!

Well, now that you've got it, we are going to step and chase all over the room. Now, remember Choosy Kids, don't bump into anyone and they only slide into open spaces.

Now everyone point to one side. 1-2-Ready-Go!

Step, Chase (x15)  
And Freeze!

## 7 | Sign And Move

(Chorus)

Sign and move, sign and move  
everybody sign and move (x2)

Now when I say A, B, C  
I want everyone to jump  
in place. Here we go  
A, B, C...

Jump, jump, jump (x2)

Now on the count of three  
we're going to hop in place  
1, 2, 3...  
Hop, hop, hop (x2)

(Chorus)

Now when I say "Choosy snacks"  
you're going to run in place  
Let's try it  
Choosy snacks...  
Run, Run, Run (x2)

Good Job!

When I say body, heart, mind  
this time you're going to  
shake your whole body.  
body, heart, mind...  
Shake, shake, shake (x2)

(Chorus)



## 8 | It's Your Birthday

Another year down  
another year goes by.  
You're just a little bit  
older just a bit more  
wise. So let's celebrate  
come on throw your  
hands up! A year of smart  
choices in the Choosy Club!

And show your C's if you're  
down with me because  
that's the way to go.  
Yeah, that's the way to be!

Today I am going to kick it  
with my Choosy friends.  
In another 365 we'll do it again (x4)

It's your Birthday!  
Let's have a party!  
Let's do it your way!  
Because you're the one  
we're here for (x2)

In another 365 we'll do it again!

It's your Birthday!  
Let's have a party!  
Let's do it your way!  
Because you're the one  
we're here for (x2)

## 9 | Celebrate Rap

CKC Choosy Kids Club  
Let's celebrate and dance  
around to this sound of a  
generation. Give me give  
me lots of space let me  
break it down. I'm going  
to tell it to your face and  
all over my town!

How could I not be  
respectful of my body?  
You got me. Exercising  
is my hobby and I'll be  
eating right so just you  
watch me Choosy's  
always by my side so  
everybody party!

Come on let's celebrate!  
A lifetime of feeling great!  
And live it up the Choosy way!  
And live it up the Choosy way! (x2)

Is everybody ready, ready  
to get crazy? I want to hear  
you say yes. Don't want to  
hear maybe baby!

And this is what I'm choosing  
to eat the right foods and

keep my body moving.  
Grooving put my hands  
down to my shoes and  
you can join me if you  
choose. And it's cool then  
if you want to party with  
the CKC.

This is how we play see!

Come on let's celebrate!  
A lifetime of feeling great!  
And live it up the Choosy way!  
And live it up the Choosy way! (x3)

# 10 | This Is My Body

(Chorus)

This is my body.

I'm going to treat it right.

My bones and muscles

my heart and my mind.

This is my body. It's mine

all mine. My arms and my

legs my ears and my eyes.

(Alright, now)

Jump your feet forward.

Jump your feet back (x2)

Put your hands together

Put your hands apart (x2)

Now sing,

(Chorus)

(Alright, now)

Shake your hands in front

of you. Shake your hands

behind you (x2)

Jump your feet apart

Jump your feet together (x2)

Now sing,

(Chorus)

# T | Be Choosy Be Healthy

I'm a healthy eater

I'm a healthy eater

I'm a healthy eater

Everyday

I'm a busy player

I'm a busy player

I'm a busy player

Everyday

Be Choosy Be Healthy

Be Choosy Be Healthy

Be Choosy Be Healthy

Everyday

I'm a Choosy snacker

I'm a Choosy snacker

I'm a Choosy snacker

Everyday

I'm a body shaker

I'm a body shaker

I'm a body shaker

Everyday

Be Choosy Be Healthy

Be Choosy Be Healthy

Be Choosy Be Healthy

Everyday

Everyday, Everyday

## 12 | Celebrate Feeling Great

Celebrate... Feeling great (x2)

Way to go, way to be  
come have a party  
with Choosy and me!  
You're really awesome  
yeah, it's a really cool  
thing. Now Choosy  
says to dance around  
and come on let's sing!

Celebrate... Feeling great (x2)

Way to move, way to  
grow. Let's all be healthy  
and let it show. This joint  
is rocking yeah, it's a really  
cool thing. Now Choosy  
says to dance around  
and come on let's sing!

Celebrate... Feeling great (x4)

1. Crave My F.A.V.
2. Stir the Soup 1
3. Stir the Soup 2
4. March
5. Gallop
6. Slide
7. Sign and Move
8. It's Your Birthday
9. Celebrate Rap
10. This is My Body
11. Be Choosy Be Healthy
12. Celebrate Feeling Great



[choosykids.com](http://choosykids.com)

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