



Sometimes Foods Sample Lesson: Music



Learning Outcome: Identify foods with added sugar, salt and solid fats

Supplies: **MyPlate** poster or graphic and song lyrics

1. Pass out the lyrics to the song ***Do Your Body Right***
2. Play the song for the class <https://fns-prod.azureedge.net/sites/default/files/tn/doyourbodyright.mp3>
3. Play the song *Do Your Body Right* again. Ask the students to listen carefully to the lyrics. Invite students to describe the general theme of the song. Ask students to volunteer examples of healthier options they could choose in place of the “sometimes” foods mentioned in the song: sugary cereals, sugary drinks such as soda, and chocolate cake. (*Foods from the five foods groups, such as fruits and vegetables, whole grains, lean proteins, and low-fat dairy foods. These alternatives have nutrients that can give us what our bodies need to be active and play hard.*)
4. Divide the class into pairs, or small groups, and assign a verse of the song to each pair, then replay the song. You may assign the same verse to more than one pair of students. Ask them to listen carefully to the part that is assigned to them, and have them create a skit where they act out a scenario in which they would have to make a healthy choice. For example, they may role-play what to grab for breakfast, a healthy snack for after sports or play, or what to choose for dessert
5. Use the MyPlate poster as a reference for choosing different foods from each food group for breakfast, a snack or dessert.

