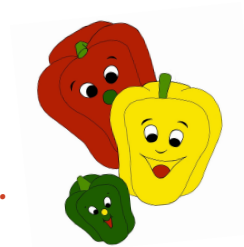




Learn a song about healthy food or healthy eating.

Then write a song about your favorite healthy food or healthy eating habits.

Record a video and share it with your 'ohana.

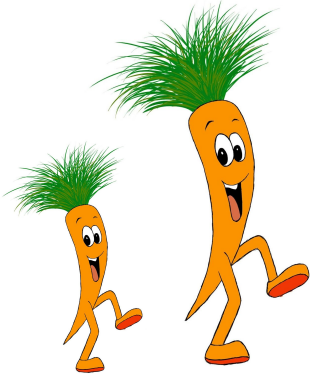


Here are some examples.

Mele: [Ku'u Olakino Maika'i](#)

- | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1. He ^F 'ai maika'i au
 I nā mea 'ai kūpo^{F7}no
 Ka ^{Bb} lau'ai, hua'ai, ^Fmiki'ai, pa'i'ai
 ^{C7}Pa'a ku'u ola^Fkino
 ^{C7}Pa'a ku'u ola^Fkino.</p> | <p>I am one who eats
 healthy foods—
 vegetables, fruits, poi, kalo
 My health is excellent
 My health is excellent</p> |
| <p>2. He ^F holo au i mua
 He holo au i ho^{F7}pe
 Le^{Bb} le i luna, ^Fōku'u i lalo
 ^{C7}Ikaika mai ku'u ^Fkino
 ^{C7}Ikaika mai ku'u ^Fkino.</p> | <p>I run forward
 I run backward
 I jump up, I squat down
 My body gets strong
 My body gets strong.</p> |
| <p>3. He ^F 'apo au i ka pono
 'A'ohē nānā i ka 'i^{F7}no
 Kū^{Bb} pa'a mau i ka ^F 'oia'i'o
 ^{C7}Ola ku'u no'o^Fno'o.
 ^{C7}Ola ku'u no'o^Fno'o.</p> | <p>I hold on to what is good
 I don't pay attention to what is bad
 Always loyal to the truth
 My mind is healthy too
 My mind is healthy too.</p> |

The What You Eat Song



What you eat is how you feel
Eat healthy food for every meal.

GO!

Crunchy carrots, green broccoli,
sweet potatoes, all full of veggies.

Slow.

Greasy fries, candy bars,
Sugary sodas, you won't get far.

Chorus:

Go, go. Go, go, go, go, go!

Slow, slow. Oh no, so so slow.

Go, go. Go, go, go, go, go!

Slow, slow. Oh no, so so slow.

What you eat is how you feel.
Choose the good foods, they're
ideal!

Creamy yogurt, mmmm, juicy
pear,

Fish, because it's good.

Fish is good for healthy hair.

Slow.

Frosted doughnuts, chocolate
cake,

Lollipops, make belly ache.

Chorus:

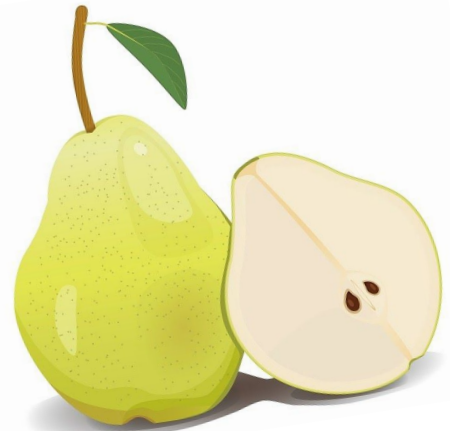
Go, go. Go, go, go, go, go!

Slow, slow. Oh no, so so slow.

Go, go. Go, go, go, go, go!

Slow, slow. Oh no, so so slow.

What you eat is how you feel
Eat healthy food for every meal.



Macka B Raps:

Health is Wealth

Cucumber

