

Marilou Bourdon

"Food Pyramid"

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The ancient pharaohs were not to bright they say
But they made one contribution that I live by to this day
It's the food pyramid and it's approved by the USDA

Oh, grains are the foundation
So please take my advice
Have 5 to 11 servings of bread, cereal or rice
3 to 5 of vegetables and 4 of fruits is best
Their anti-oxidants and fiber help you to digest
3 servings of yogurt, milk and cheese
Will help your bones and subsidize the cattle industries
A body needs to grow
And growing takes proteins
Thats why meat can be a tasty treat like fish or human
beings
And when you eat your sweets
Make sure you try
To limit your servings
Or you?ll DIE!

Everybody!
My body is a pyramid that?s made of healthy food
So do what we say
(yeah!)
Eat right everyday
(boo!)
I love you
By America

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