

Marilou Bourdon

"The Food Pyramid"

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-From Clone High-

The ancient pharaoh's were not too 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 U.S.D.A.

Oh, grains are the foundation, so please take my
advice
Have five to eleven servings of bread, cereal, or rice
Three to five of vegetables, and four of fruits is best
Their anti-oxidants and fiber help you to digest
Three servings of yogurt, milk, and cheese
Will help your bones and subsidize the cattle industry
A body needs to grow
And growing takes proteins
That's 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 every day
(food)
I love you.

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