



## HEALTH POWERED KIDS™

### THE BREAKFAST SONG: "RING AROUND THE ROSIE"

*Ring around the Rosie,  
a breakfast full of energy,  
oranges, oranges we all stand up. (Students remain standing)*

*Ring around the Rosie,  
a breakfast full of energy,  
donuts, donuts we all fall down. (Students fall down)*

Have students call out breakfast items and stand if healthy, fall down if unhealthy.

Other healthy breakfast ideas include: yogurt, granola, oatmeal, eggs, cheese, milk.

Unhealthy breakfast ideas might include: cookies, chips, candy, sweets.