

Group Song

If You're Hungry and You Know It

If you're hungry and you know it,
say, "I'm hungry!" (2 times)

If you're hungry and you know it
And you really want to show it.
If you're hungry and you know it
Eat a pear!

If you're thirsty and you know it,
say, "I'm thirsty!" (2 times)

If you're thirsty and you know it
And you really want to show it.
If you're thirsty and you know it
Drink some water!

If you feel full and you know it,
say, "No more, please!" (2 times)
If you feel full and you know it,
Then say "No" so you can show it.
If you feel full and you know it
Just say, "No more food."



Say it, do it! < After the first stanza, STOP! Children now pretend to eat different HEALTHY anytime foods. Ask children to call out what they are eating as they pretend to put these foods into their mouths. Now... STOP eating! And sing again...

After the second stanza, STOP! Children now pretend to drink different HEALTHY anytime drinks. Ask children to call out what they are drinking as they pretend. Now... STOP drinking! And sing again...

After singing with children, ask them to listen to their bodies. How are they feeling now? Hungry? Thirsty? Full?



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