





### FRUITS

More of fruits we must eat,
No chocolates, no sweets.
Fruits makes us strong,
Its will last so long
Fruits gives energy to play,
It will last for whole day.

### VEGETABLE POWER

Tomatoes makes your cheeks red,
Carrots make you jump ahead.
Spinach makes you very strong
Peas make you dance along
Eat your vegetables every day
And you will always be happy and gay

# सेब सभी फलों में सेब है न्यारा, लाल लाल सा प्यारा प्यारा एक सेब जो है खाता, डॉक्टर को वो दूर भागता। मम्मी मुझको सेब खिला दो,

वार्ना एप्पल जुस पिला दो।

#### MILK

Milk, Milk, Milk, Creamy and white Makes me sharp, Makes me bright Drink your milk everyday Then You will be happy and Gay

## 0सेहत् की बात

भिंडी सरसों पालक मेथी ताकत खूब बढ़ाते है गाजर धनिया मटर टमाटर सुन्दर हमें बनाते है मोटे-मोटे आलू राजा सेहत खूब बनाते है सारी सब्जियां खाओ तुम

# **AEROPLANE**

Aeroplane, aeroplane

Up in the sky.

Where are you going,

Flying so high?

Over the mountain,

over the sea..

Aeroplane aeroplane,

Won't you take me?

