

Wellness

CAMPUS

PINGGANG PINOY SONG



Go, Grow, Glow food, healthy food

Go foods give me energy

Grow foods build and make me strong

Glow foods help immunity*

Eat Pinggang Pinoy each day

To keep me well and A-okay!**



Action

Raise hands counting 1, 2, 3 as you sing GO, GROW, GLOW

Wave two thumbs up from left to right

Jog in place

Flex both arms like a body builder

Do “twinkling action” with fingers

Cross arms as if shielding the face and body *

Pretend to hold spoon and fork and do eating motions

Clap two times

Stretch both arms and flash thumbs up

Turn around and jump with arms stretched above**

Lyrics

Go, grow, glow foods

healthful foods

Go foods give me energy

Grow foods build and make me strong

Glow foods help

immunity

Eat Pinggang Pinoy each day

To keep me

well

and A-okay!

* Explain that the word ‘**immunity**’ means that the body is protected against sickness, thus, the shielding action.

** explain that ‘**A-okay**’ means healthy and well