

## **HEALTHY BODY (MIZORAM)**

For good health, beauty, strength and growth,

Let us eat vegetables and fruits of different colours,

Red, yellow, green and purple,

Beautifully coloured like a rainbow, with different kinds of fruits.

For strength like Samson, calcium for beautiful bones and muscles,

And Vitamin A for healthy skin and clear, beautiful eyes.

For good health, beauty, strength and growth,

Let us eat vegetables and fruits of different colours,

Red, yellow, green and purple,

Beautifully coloured like a rainbow, with different kinds of fruits.

For strength and good health, with iron that helps transport oxygen throughout the body,

Everything we eat and drink contains fibre that gives us energy.

For good health, beauty, strength and growth,

Let us eat vegetables and fruits of different colours,

Red, yellow, green and purple,

Beautifully coloured like a rainbow, with different kinds of fruits.