

I'M A SEED

Children curled up, eyes closed, heads tucked in...

We are seeds
In a pot
Plant us
Water us
Up we pop!

Heads pop up, eyes open...

We are seeds
We can grow

Beginning to straighten and stretch...

Plant us
Water us
Up we go!

Continuing to stretch...

We are seeds

Stretching arms slowly out...

We're alive
Plant us
Water us
See us thrive!

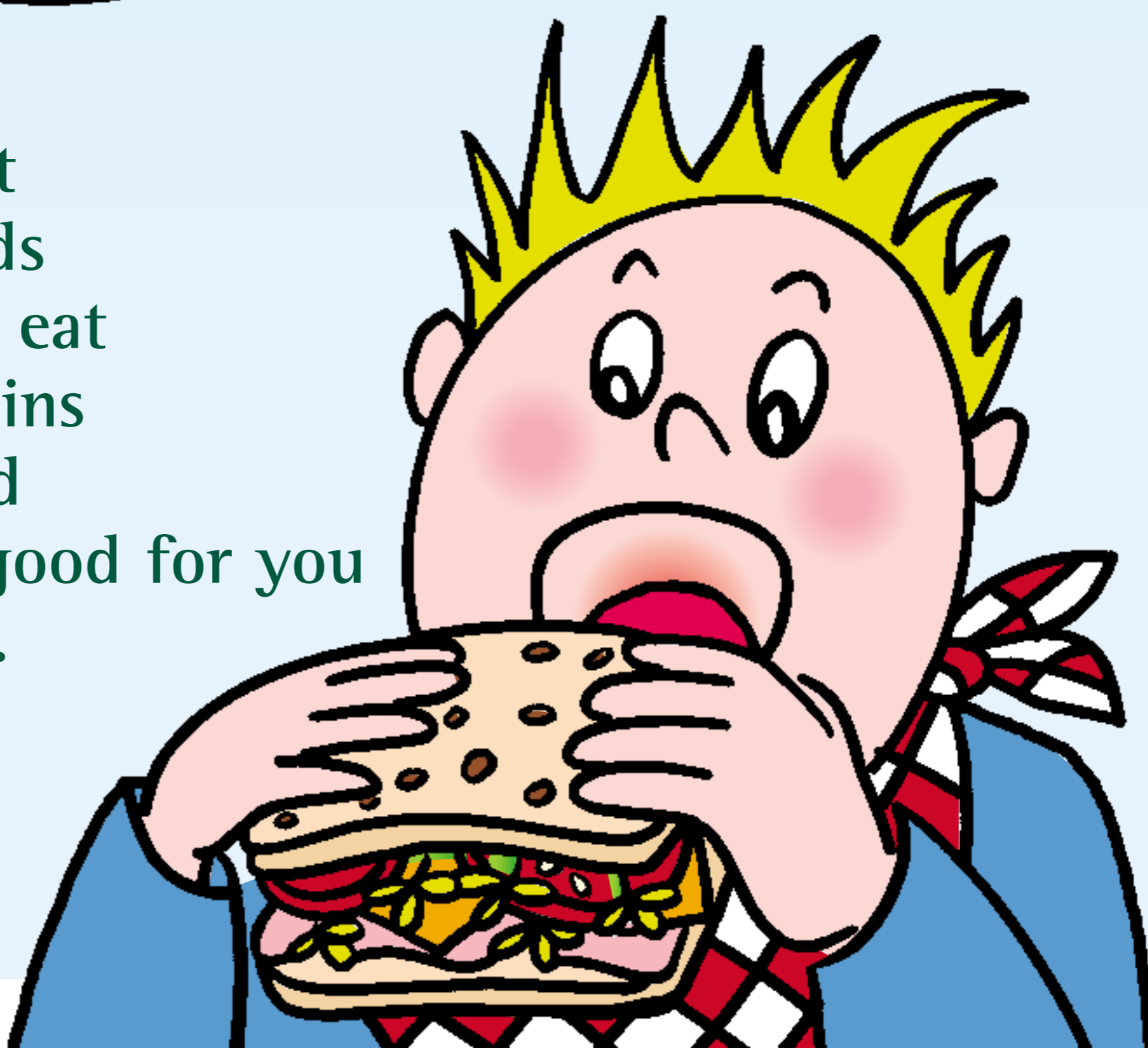
Waving arms about like leaves.

EAT ME

Sprinkle me over fish
Sprinkle me over meat
Sprinkle me over salads
Then eat me, eat, eat, eat
I'm very rich in vitamins
And vitamins are good
I'm watercress – I'm good for you
I'm very healthy food.

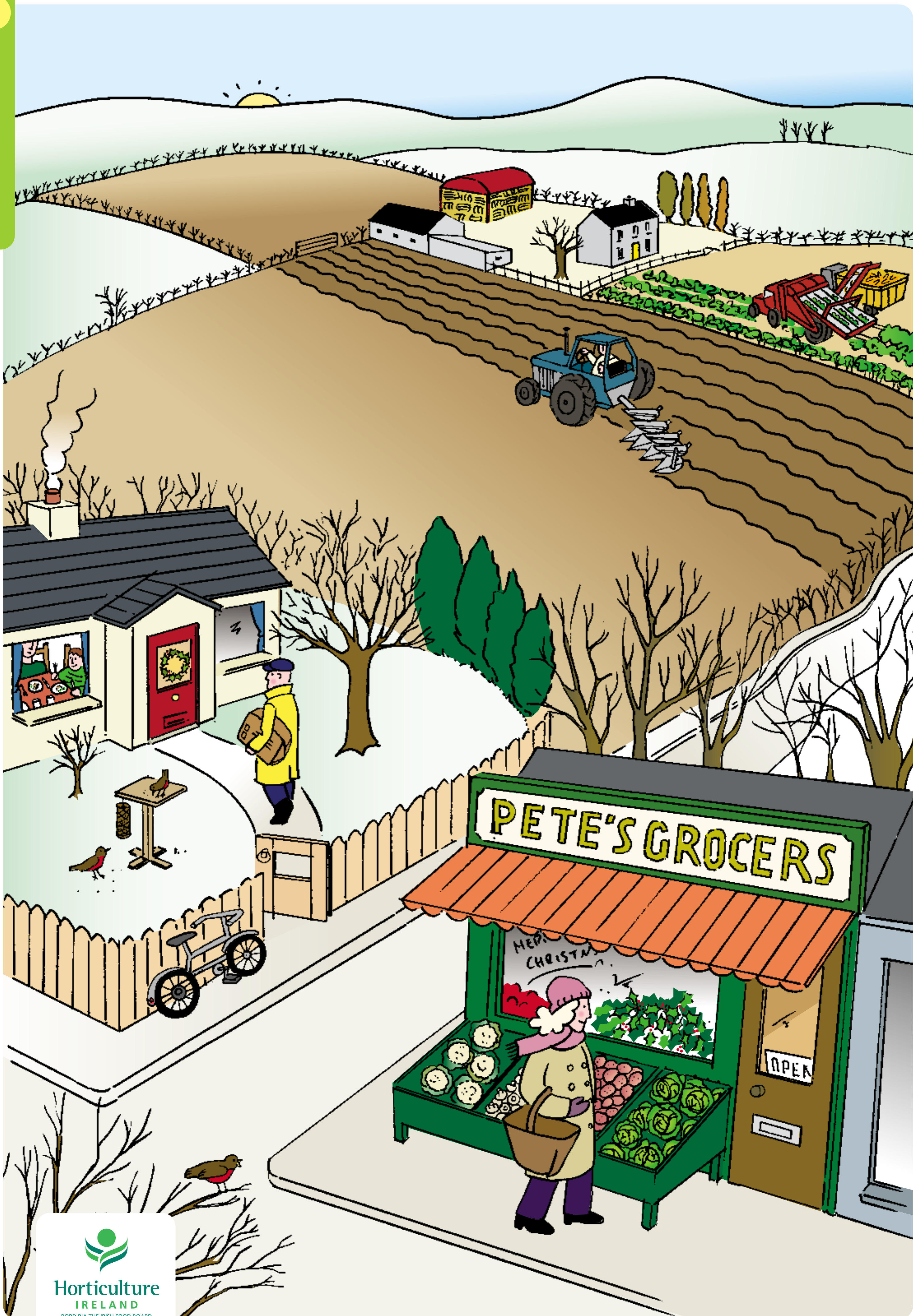


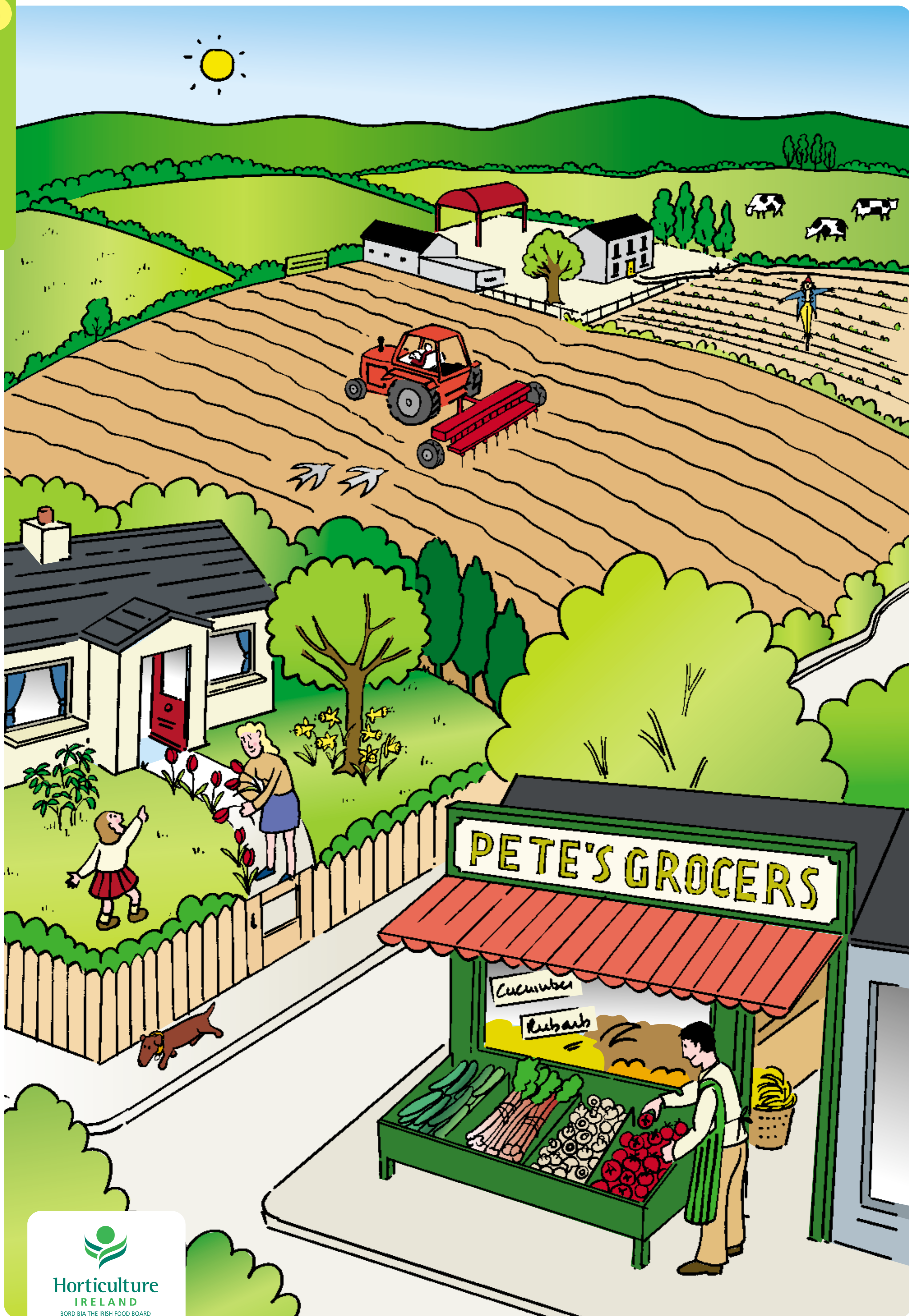
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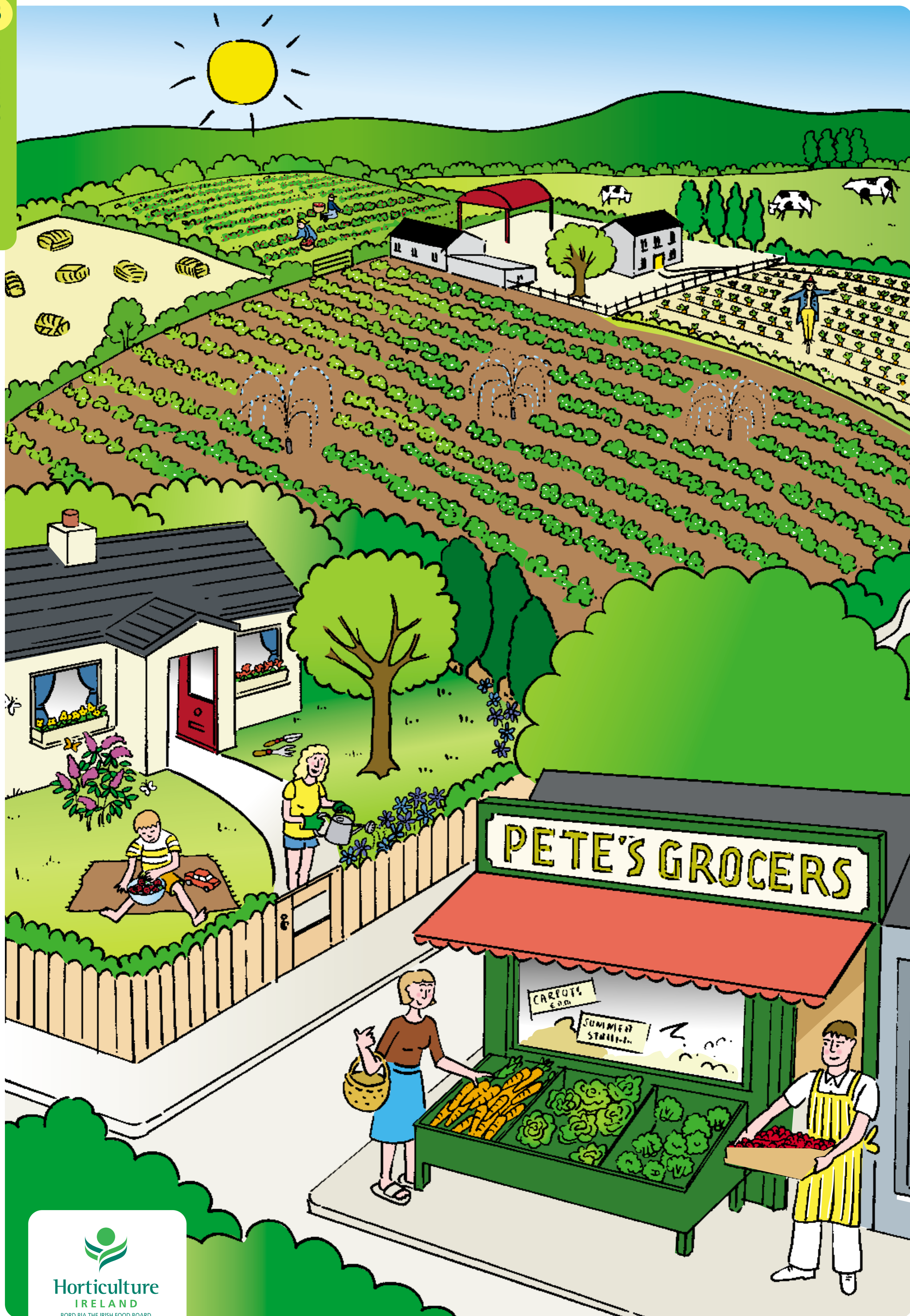




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Daily servings

Sparingly

2

3

5

6+

Others

Meat, Fish &
AlternativesMilk, Cheese
& YogurtFruit &
VegetablesCereals,
Bread &
Potatoes**THE JELLY BABY**

Once I had a jelly body
 Now I'm muscle and bone
 Once I was a baby
 Look how much I've grown!
 Thanks to eating healthy food
 Bread, fruit, vegetables, meat,
 Milk, cheese, eggs
 and now and then
 A scrumptious-umptious sweet!



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Food pyramid servings above
are suitable for children
from 5 years of age.

Food Pyramid reproduced with permission
from the Department of Health and Children.

