

Chan: Byen Manje (Song: Good Eating)

Mark: Jean, sak pase? *Jean, what's up?*

Jean: Ou konnen Mark, nèg la nap boule menm. *You know Mark, we're hanging in there.*

Mark: Jodi a nap pale sou noutrisyon. *Today we're going to talk about nutrition.*

Jean: Sak noutrisyon an? *What's nutrition?*

Mark: Noutrisyon se syans manje a! *Nutrition is the science of eating!*

Jean: O, OK! *Oh, OK!*

Refren 1 (Refrain 1):

Byen manje fè ou rete an sante

Good eating keeps you healthy

Byen nouri ede evite maladi

Good nutrition helps prevent illness

Manje ou mete nan bouch ou

The food you put in your mouth

Jwe yon gwo wòl sou sante kò ou

Plays a big role in the health of your body

Byen manje se pa lajan

Good eating is not about money

Men fè chwa ki bon pou kò a

But making choices that are good for your body

Byen manje fè nou rete an sante

Good eating keeps us healthy

Premye Kouplè (First Verse):

Gen twa kalite manje ki vreman enpòtan

There are three kinds of food that are very important

Manje ki grandi kò soti nan bèt

Foods that builds the body come from animals

Manje ki bay fòs tankou diri ak pwa

Foods that give energy are things like rice and beans

Manje ki proteje kò se fri ak legim

Foods that protect the body are fruits and vegetables

Refren 2 (Refrain 2):

Byen manje fè ou rete an sante

Good eating keeps you healthy

Byen nouri ede evite maladi

Good nutrition helps prevent illness

Bwè anpil dlo trete chak jou

Drink plenty of treated water every day

Pou proteje sante ou

To protect your health

Pa pran twòp grès, twòp sèl ni sik

Don't consume too much grease, salt, or sugar

Men pran anpil legim ak fri

But eat a lot of vegetables and fruits

Byen manje fè nou rete an sante

Good eating keeps us healthy

Dezyèm Kouplè (Second Verse):

Bay timoun tete sèlman jiskaske l gen si mwa
Breastfeed children exclusively until they are six months old
Aprè si mwa li ka bwe nenpòt labouyi
After six months they can eat porridge
A di mwa ba li ti vyann, diri kraze, sòs pwa
At ten months give him/her a little meat, crushed rice, and bean sauce
Lè li gen en an li ka manje tout manje
After he/she is one year old, he/she can eat all foods

Repete Refren 1 (Repeat Refrain 1)

Twazyèm Kouplè (Third Verse):

Bon manje ede timoun lekòl etidye byen
Good food helps school children study well
Toujou bay timoun lekòl manje avan y ale lekòl
Always give students food before they go to school
Mete yon bagay nan men yo pou yo manje nan rekreyasyon
Give them a snack to eat during recess
Si timoun yo byen nap vin byen e peyi a ap vin byen
If the kids are well, we'll do better, and the country will do better

Mark: Jean, sa ou genyen? Jean, what's wrong?

Jean: M grangou kap kale nèg. I'm so hungry, it's killing me.

Mark: Manje monchè! Eat something, my friend

Jean: Manje? M pa gen lajan, mwayen nan pòch mwen. Eat? I don't have any money in my pocket.

Mark: Byen manje se pa lajan! Eske ou gen jaden? Eating well isn't about money! Do you have a garden?

Jean: O wi m gen jaden, m plante pitimi, pwa, bannan patat... Oh yes, I have a garden. I plant millet, beans, plantain, sweet potatoes...

Mark: Se bagay sa yo ki fè nou byen nourisi! Those are the things that make us well nourished!

Jean: O! Se vre? Enben m ale manje monchè! Oh! Really? Oh well, I'm going to go eat something my friend!

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Byen manje fè nou rete an sante

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