

Wake up in the Morning  
And you don't know what to eat  
This is too high in calorie  
That is not good for your health

So what would be the best for  
you

If you wanna stay fit and looking  
good

Its not that hard if you wanna  
stay fit

Just follow the suggestion of  
Malaysian Healthy Plate

Quarter, quarter and a half

Come on, lets do it

Quarter of fish, quarter of rice

And a half plate of vegetables  
and fruits

Quarter, quarter and a half.

Now you know how to do it

Let's get started

Choose to eat healthily

choose to eat balanced diet

So come on, what are you  
waiting for?

All together now, let's live  
healthier life