FRUITS AND VEGETABLES

Fruits and vegetables are good for making our bodies big and strong.
Sweets are okay in moderation. So the next time your mother offers you a snack tell her.

I don't want cookies, I don't want cakes,
I don't want chips. No milkshakes.
I want fruits and vegetables.
Fruits and vegetables.
Fruits and vegetables.
Fruits and vegetables.
No sugary snacks. No honey buns. No soda, No pies mom.
I want fruits and vegetables.
Fruits and vegetables.
Fruits and vegetables.
Fruits and vegetables

When my body is running low on energy.
My mommas got the remedy.
She knows just what to do.
She feeds me real good food.
Like corn, squash, peas, and collard greens. Collard greens.
Like yam, broccoli, mashed potatoes, and Crowder peas. Crowder peas.
Fruits are good to eat because their naturally sweet.
Fruits aren't filled with fat. Which makes them a healthy snack.
Like peaches, apples, bananas, pears, oranges, and plums.
Like grapes, strawberries, pineapples, and watermelons.

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No sugary snacks. No honey buns. No soda, No pies mom.
I want fruits and vegetables. Fruits and vegetables.
Fruits and vegetables. Fruits and vegetables.

Our bodies need food to keep going.
Our bodies need food to keep growing.
If you want to be fit and lean. Then you got to eat leafy greens
And if you want to grow up to be big and strong.
Drink milk because it's good for your bones.
And if you want to get good grades in school.
You got to healthy foods.
You want sugary snacks that's filled with fat. No! we don't want that!
You want sugary snacks that's filled with fat. No! we don't want that!
What about chips, No! What about pies, No! What about French fries.
No! No !No!
What about cookies, No! What about cakes, No! What about milkshakes.
No! No !No!

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No sugary snacks. No honey buns. No soda, No pies mom.
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