

Eat The Rainbow

Rachel Andrews and Catherine Brentnall

Verse 1

Crunchy veg and juicy fruit,
Just waiting for you to eat.
Don't forget to wash them first,
Then eat them, what a treat!
Some grow up high, some grow down low,
They just need soil, sun and rain.
Then collect the food, and find their seeds,
You can watch them grow again!

Chorus

Red pepper, orange carrots, yellow bananas too,
Green cabbage, blueberries, purple grapes.
These are all good for you,
So eat the rainbow, eat the rainbow.

Verse 2

Fruit and veg are good for health,
They give you what you need.
Fibre helps your tummy work,
And vitamins fight disease.
Next time you have them on your plate,
Count the colours that you see.
The whole rainbow's what you need to eat,
To keep yourself healthy.

Chorus

Red pepper, orange carrots, yellow bananas too,
Green cabbage, blueberries, purple grapes.
These are all good for you,
So eat the rainbow, eat the rainbow.

© Song Source

Only to be used by subscribing schools and organisations

