

Five A Day

Music by Hayley Warren

Lyrics by Rachel Andrews

Chorus

One, two, three, four, five,
Have you had your five a day?
Peas, beans, carrots, leeks,
One, two, three, four, five,
Have you had your five a day?
Wash them, cook them, eat them today.

Verse 1

A stem of brocc'li on my plate,
It smells so good I can hardly wait.
Cabbage leaves and mushroom sliced,
Flavoured with herbs, it smells so nice.

Chorus

One, two, three, four, five,
Have you had your five a day?
Peas, beans, carrots, leeks,
One, two, three, four, five,
Have you had your five a day?
Wash them, cook them, eat them today.

Verse 2

Tomatoes juicy and crunchy peppers,
Growing in the sunlight, tasty treasures,
A stick of celery, corn on the cob,
Eat your veg, well done, good job!

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Bridge

When you eat your fruit and veg you feel so fine.
When you eat your fruit and veg, make sure you're eating five!

Chorus

One, two, three, four, five,
Have you had your five a day?
Peas, beans, carrots, leeks,
One, two, three, four, five,
Have you had your five a day?
Wash them, cook them, eat them today.

