

## Jammin' 5-A-Day

Now here's a little song where I can take a take a leap  
I want to eat the right kinds of food that are neat

I'm counting all my servings in a real cool way  
I'm talking fruits and vegetables 5-A-Day

1-2-3-4-5-A-Day, That's the fruit and vegetable way  
Eat five servings every day, sing 5-A-Day

1. I had a good banana for my breakfast
2. I ate a bunch of carrots for my lunch
3. Felt a little hungry after school, an apple from the fridge and now I'm on my way!
4. I had broccoli for dinner for the fiber and vitamins C and A
5. I needed just one more, strawberries for dessert and that's 5-A-Day

1-2-3-4-5-A-Day that's the fruit and vegetable way eat five servings everyday, sing  
5-A-Day (repeat)

1. A glass of fruit juice for my breakfast
2. And a tangee tangerine
3. I had a salad and used lots O' tomatoes and carrots and lot's O' good greens
4. I had spinach for my supper I like it fresh or I like it steamed
5. Just give me some cauliflower, that's 5-ADay and that's what I mean

Come on!!

1-2-3-4-5-A-Day That's the fruit and vegetable way, eat five servings everyday sing  
5-A-Day (repeat)

Apples, bananas, kiwi, grapes, and beans (That's 5 you know that's 5)

Grapefruit, orange, papaya, another tangerine (That's 5 you know that's 5)

Broccoli, potatoes, celery, peppers, try the green! (That's 5 . . . . .)

Pineapple, mango, peach, and have a nectarine (That's 5 . . . . .)

So, that's the way it goes when you want to eat right.

Spread them all out from morning to the night. Fresh or frozen, dried or canned, just  
count 'em out loud that's 5-A-Day MAN!

1-2-3-4-5-A-Day, That's the fruit and vegetable way, eat 5 servings every day, that's  
five a day, that's five a day!! (repeat)

1-2-3-4-5-A-Day