

*Cauliflowers fluffy and cabbages green
Carrots are sweet once they are clean
Pile them on my plate, now don't be mean
I'm a 5-a-day, get out and play, veg- eating machine!*

*Chocolate bars you can't sell to me
I spend my money on celery
Guarantee there's no stopping me
When the plate I see has some broccoli*

Du, du, du, du, potato

Du, du, du, du potato

We like potatoes, they are so nice,

I wouldn't trade them for some rice!

Yeah, one potato, two potato, three potato, four

We'll clap in the air and tap on the floor

You think you're tough? You think you're hard?

You need to grow veggies out in your yard.

Dig them up muddy but fresh and sweet,

The tasty, no-wastey, treat to eat.

Just give them a clean underneath the tap,

Turn around, touch the ground, our vegetable rap!

Du, du, du, du, potato

Du, du, du, du potato

*We're healthy girls and healthy boys,
so don't make a fuss when we make some noise
Five a day, yeah, that's the rule,
I aint no fool, I'm cool in this school.*

Du, du, du, du, potato

Du, du, du, du potato

*Du, du, du, let me hear you shout
I'm goin' crazy on a Brussel Sprout.
Blackberries juicy and rhubarb sour
We're getting healthier hour by hour*

Double double toil and trouble

Heat the veg and make them bubble

Five a day goodness for me and for you

We love vegetables and rapping too!