

# Gimme 5

## Introduction

Strofa 1

If you want to live the healthy way,  
Eat five fruits and vegetables every day.  
Juice at breakfast, Carrots with lunch,  
Grapes for a snack, eat a big bunch,

Strofa 2

Peas and Potatoes with your dinner,  
That adds up to five, and you're the winner.  
In addition to these, there are plenty more,  
There's no need for eating to be a bore.

Strofa 3

Asparagus and Apricots and Apples will do,  
Bananas and Blueberries and Brussels sprouts too,  
Try some Peaches and some Pears, Turnips, and Tomatoes,  
Pineapple and Peppers too and sweet and boiled Potatoes.

Strofa 4

Corn and Celery and Cauliflower,  
Will raise your energy and give you power,  
Eat Raisins, Lettuce, Beans and Berries,  
Oranges and Okra, Cabbage and Cherries.

## Instrumental

Strofa 5

Mealtime, snack-time, any time of day,  
Eat a fruit or vegetable, and then you'll say,  
"I feel so great, so healthy and alive,  
Come on, Mum, just GIMME FIVE!"

Just GIMME FIVE!"