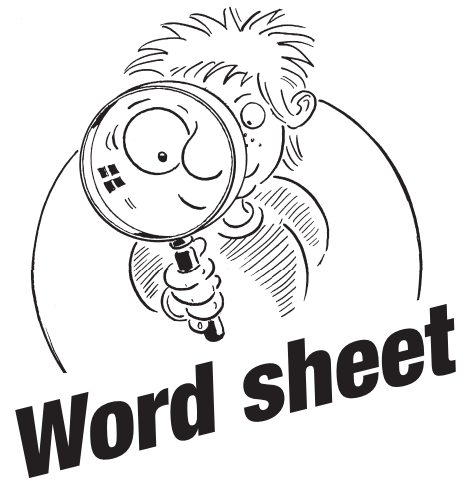


Singing BOOK 3 Sherlock

Val Whitlock & Shirley Court



Eat Me!

Veg and fruit, it's healthy stuff!
Do we really eat enough?
Five bits daily, maybe more?
Chop it, cook it, eat it raw!
Veg and fruit, it's healthy stuff!
Do you think we eat enough?

(Chanted with percussion accompaniment)

Apples and bananas: one and two!
Really yummy and good for you!
Beans, cabbage, celery: three four five.
Keep us healthy and alive!

Veg and fruit, it's healthy stuff!
Do we really eat enough?
Five bits daily, maybe more?
Chop it, cook it, eat it raw!
Veg and fruit, it's healthy stuff!
Do you think we eat enough?

(Chanted with percussion accompaniment)

Plums and pineapple: one and two!
Really yummy and good for you!
Spuds, carrots, broccoli: three, four, five.
Keep us healthy and alive!

Sue Nicholls

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