

Harvest Rap

Harvest is a time for saying thank you,
'Cos without our food, we'd feel real blue,
We wanna thank the farmers for ploughing in the fields,
And wanna thank our parents for our delish meals.

Fruit, veg, wick-a wick-a-woo
Without a healthy diet, what would we do?
Fruit, veg, wick-a wick-a-woo
Without a healthy diet, what would we do?

Cauliflowers fluffy and cabbages green,
Carrots are sweet, once they are clean,
So pile them up high, now don't be mean,
(solo line): I'm a 5-a-day, keen, veg-eating machine!
(all other children): He's 5-a-day, keen, veg-eating machine!

Fruit, veg, wick-a wick-a-woo
Without a healthy diet, what would we do?
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Without a healthy diet, what would we do?

Apples, bananas, what a lovely treat!

Strawberries and coconuts that grow in the heat,

Eat your fruit to the cool, fresh beat,

Clap your hands and stamp your feet.

Fruit, veg, wick-a wick-a-woo

Without a healthy diet, what would we do?

Fruit, veg, wick-a wick-a-woo

Without a healthy diet, what would we do?

(whisper): Yeah, one potato, two potato, three potato, four

(louder): One potato, two potato, three potato, four

(shout): One potato, two potato, three potato, four

We'll turn around, jump up and down, and touch the floor,

We're healthy, happy girls and healthy, happy boys,

Let's celebrate Harvest and make a lotta noise.

Fruit, veg, wick-a wick-a-woo

Without a healthy diet, what would we do?

Fruit, veg, wick-a wick-a-woo

Without a healthy diet, what would we do?

Yeh-sprouts!