

Crunch&Sip[®] Rap

Crunch&Sip[®] is the way to go
Don't turn around and don't say no
Choose your crunch and enjoy your sip
It's very simple, just spit out the pip.

A healthy tip is to Crunch&Sip[®]
Nice fresh snacks will keep you fit
Chuck the candy that will do
Have some fruit and water too.

It's not hard, just hear me say
Grab a bite and chew away
Sipping water will quench your thirst
So don't hold back just give it a burst.

A healthy tip is to Crunch&Sip[®]
Nice fresh snacks will keep you fit
Carrots, onions or a pea
Why not try some broccoli.

So change your ways and start right now
Give it a go, we'll show you how
Here are some that you can pick
Select one now, grab it quick.

Give me orange, mango, pineapple, peach
Get one now or you can't reach
Well here you go and don't be slow
That's my advice and don't say no.



Go for 2&5[®]
FRUIT VEG

Lyrics by Halidon Primary School. Performed by Em & Wippa, 92.9FM
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