

Thumbs Up! Songs

Healthy Food is Cool Dude

Eat healthy foods instead of junk
Ensures you're not a dead set punk
Chips and soft drink might taste O.K
But they don't help in any way

You want to be real cool dude?
You need to eat more healthy food
You wanna be the best you can?
Then make good choices for YOU man

Don't get suckered by your peeps
You can go forward in giant leaps
By saying no to loads of junk
Who really wants to eat that gunk?

Stick up for you, eat what you know
Will help your body grow, grow, grow.
Nourish your brain and body too
You'll achieve the very best YOU

Junky foods just stunt your growth
Brains and power, you'll have both
A balanced diet is fully cool,
You really get that, you're no fool

Just steer clear of sugary drink
Give that idea a good sound think
When you're careful what you put inside
Then you're on the Healthy Ride



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