

Thumbs Up! Songs

Healthy Tucker Rap

VERSE 1

Drink milk and water every day
Sugary drinks NO stay away
Yoghurt and cheese are dairy based
Eat them early, won't go to waste

CHORUS

*Don't get suckered by other's habits
A chance to look smooth, go 'n' grab it.
Groove and do the Healthy Tucker Rap
Jiggle your hips, give a High 5 slap*

VERSE 2

Apples and oranges, mango too
Juice them up and drink them dude
Fill your wrap with vegies that rock
Muscles will build and chicks will flock
repeat CHORUS

VERSE 3

Pasta and grains, legumes and rice
You'll look smooth bro, cool as ice
Junky is chunky so steer well clear
You could have a good bod every year
repeat CHORUS



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