

I hope your children love this song and that it helps to keep spirits up at this difficult time!

Brian Beresford, Children's songwriter

Vegetables are Absolutely Great

An opportunity to explore healthy eating through learning about vegetables. Children could suggest other vegetables for the second lines of verses.

Vegetables are absolutely great.
It's good to see some carrot on your plate.
Crunch, crunch, crunch,
Munch, munch, munch,
Part of a super healthy lunch.
Vegetables are absolutely great.

Vegetables are absolutely great.
It's good to see some cabbage on your plate.
Crunch, crunch, crunch,
Munch, munch, munch,
Part of a super healthy lunch.
Vegetables are absolutely great.

Vegetables are absolutely great.
It's good to see some sweet corn on your plate.
Crunch, crunch, crunch,
Munch, munch, munch,
Part of a super healthy lunch.
Vegetables are absolutely great.

Vegetables are absolutely great.
It's good to see some salad on your plate.
Crunch, crunch, crunch,
Munch, munch, munch,
Part of a super healthy lunch.
Vegetables are absolutely great.

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