

# Eat a Rainbow

Eat a rainbow  
Everyday it's delicious and so nutritious  
Eat a rainbow  
Everyday it's delicious oh oh oh oh oh  
Get your vitamins, antioxidants  
Every day when you eat a rainbow oh oh oh  
Fruits & vegetables  
They're delectable  
Every day when you eat a rainbow

Eating a rainbow is easy to do  
Look at the colour of your veggies and your fruits  
Apples are red and bananas are yellow  
Can you think of something orange?  
    Oranges, duh  
Kale is green, and broccoli is too, so is sweet delicious kiwi fruit  
Can you think of something blue?  
    Blueberries, duh

There's one more colour to complete the rainbow  
Purple – cabbage  
Purple – grapes  
Purple - peppers  
Purple - plums

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Red orange yellow green blue purple food in my belly means I ate a rainbow

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Eat a rainbow

Everyday it's delicious oh oh oh oh oh

Get your vitamins, antioxidants

Every day when you eat a rainbow oh oh oh

Fruits & vegetables

They're delectable

Every day when you eat a rainbow, yeah