

The Fruit March

By KJ/Joe

When I grow up
I truly want to be
A healthy member of our society
And so each day, I do my best
By eating good things
And getting lots of rest

I start each day
With a piece of fruit
I have some toast and yogurt to suit
It gives my body lots of energy
To start my day, yeah ...in a healthy way

**Give me an apple or a peach
The kind of thing I like to eat
At school when I want a snack
I want some thing that's sweet...
Yes, Give me an apple or a peach
Fruit's the perfect fit to eat
Toss the core and very slimy pits
Toss the core and very slimy pits
Fruit for me!**

I leave my house
I pack to go
I bring more fruit -- for friends I know
And when we go to recess for awhile
We'll play a little harder
At games that make us smile

They tell me to
Get vegetables and meat
And fruit and bread, the combo can't be beat
If we have all this
Throughout each day we're told
We'll have good bodies to last us 'til we're old

**Give me an apple or a peach
The kind of thing I like to eat
At school when I want a snack
I want some thing that's sweet...
Give me an apple or a peach
Fruit's the perfect fit
At school, when we have a break
Just toss the core and pits (ZING)**

**Music part of "Farms, Food & FUN!" 2007 - KJ & Friends
Special thanks to the PA Dept. of Agriculture and PA Farm Bureau's Friends of Ag
Foundation for the grant to produce this project.**