

A Rainbow on my Plate!

Lyrics and music by Ros Schwartz © 2004

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Chorus:

A rainbow of veggies, a rainbow of fruit
Red tomatoes and green beans and yellow grapefruit!
A bowl of blueberries, and an orange or two
Purple grapes, golden raisins, and blackberries for you!

Verse 1

You can steam 'em or mash 'em or boil 'em too
Eat them fresh from the garden, yes it's all up to you
You can eat 'em alone, or in a salad or stew
Choose your favourite meal, or invent something new!

[Spoken] Let's paint a fruit and veggies rainbow!

What colours do you know?

I know red! Strawberries! Apples! Radishes!

I know yellow! Bananas! Pears! Corn!

I know green! Cucumber! Lettuce! Broccoli!

I know blue! Blueberries! More blueberries!!

Even more blueberries!!! More blueberries than that!!!!

Even more blueberries than you!!!!

Verse 2

Let's paint with this food, fruits and veggies so sweet

A picture so pretty, so delicious to eat!

These fruits and these veggies, well they make me feel fine

In a rainbow of colours that's specially mine!

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A bowl of blueberries, and an orange or two

Purple grapes, golden raisins, and blackberries for you!

A bowl of blueberries, and an orange or two

Purple grapes, golden raisins, and blackberries for you

Red tomatoes and green beans and yellow grapefruit

Yes a rainbow of veggies, a rainbow of fruit!

Yes a rainbow of veggies, a rainbow of fruit!

[Spoken] I know orange! Carrots! Mangoes! Oranges!

I know purple! Purple grapes! Plums! Eggplants!

I know black! Blackberries! Watermelon seeds ... don't eat those!!!

I know blue! Blueberries! More blueberries!!

Even more blueberries!!! More blueberries than that!!!!

I love blueberries!!!!