*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.

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

Brian Beresford