No Sweetener Needed

Raia & Dervon

**CHORUS:**

**Too much sugar in too much food,**

**Too much sugar does no one good.**

**There are better things to eat than sugary foods.**

**Just listen to our beat to be the healthiest dudes.**

Sugar you find in really sweet treaties

Those sweet treaties can get you diabetes

When you eat it, sugar tastes so swell

But after awhile you don’t feel well.

If you wanna try a tasty snack

Go outside of your little shack­­

And pick a leaf of tasty Kale

You can eat a giant bale

It won’t turn you into a whale

CHORUS

If you wanna try some tasty treats

Go ahead and eat some tasty beets

Don’t get these confused with the beats of a song

If you can’t eat the beets, then the kind is wrong

Sugar makes you hyperactive

Not to mention totally distracted

In order to do your best at school

You’re gonna wanna ingest the right kinda fuel

If you wanna grow really tall

Eat some vitamins, free for all

You just have to look in the right kinds of foods

And then you be in top notch moods.

Calcium makes your bones get strong

When you eat it, that choice isn’t wrong

Go out in the sun & you’ll get vitamin D

Get vitamin D & you’ll dance with glee.

CHORUS

Spinach you can eat in many different ways

In your garden it should be always.

Spinach is a good source of vitamins.

It will make you wear a big wide grin!

Kohlrabi looks like an alien from outer space

Eat kohlrabi and you’ll win 1st place in a race

Kohlrabi gives you power to run

Happy as a cat in the sun.

Make sure you eat a variety of food.

This will put you in a really good mood.

Exercise is needed as well

Which also helps you to feel swell.

Exercise is very wise

It helps your body metabolize

And if you’re too big, decrease your size

After a while it can be a great prize

So never forget to exercise.