



Take Five

(Verse 1)

Peas, squash, new potatoes, strawberry, rutabaga,
Orange, apple, carrot, kiwi, papaya.
Tomato, avocado, plum,
It doesn't matter which one,
As long as you eat them five times a day.

(Chorus)

Take Five. Make Time. Eat Right. For Life.
Take Five. Make Time. Eat Right. For Life.

(Verse 2)

Cantaloupe, blueberry, cucumber, Bing cherry,
Throw in some broccoli and that makes five.
Artichoke, cauliflower, eating healthy gives you power,
Set a date to feel great, five times a day.

(Chorus)

Take Five. Make Time. Eat Right. For Life.
Take Five. Make Time. Eat Right. For Life.

(Verse 3)

Carrots, okra, lima beans,
Please pass the collard greens,
I'll have another tangerine,
To keep my body lean and mean.

