



CRUNCH AND SIP RAP

What's in your lunch box?
What's in your lunch box?

CHORUS

Crunch and sip, spit out the pips,
So my body is strong and my mind is with it
2 fruit, 5 veg and water when I'm thirsty
The way to stay healthy, are you with me?

VERSE 1

It's been quite a morning, using lots of my energy
maths and phys ed and a little bit of history
that time of day and I'm getting quite hungry
check my lunchbox, see what mums given me
healthy snacks keep away hunger attacks
carrot sticks so fresh, they loudly snap
apples and pears, can't get sweeter than that
and water so I stay hydrated to the max

CHORUS

Crunch and sip, spit out the pips,
So my body is strong and my mind is with it
2 fruit, 5 veg, and water when I'm thirsty
The way to stay healthy, are you with me? (yeah)

VERSE 2

Natural sugar & fibre for digestion
Nothing like cool water to quench & refreshen
helps me stay focused when I'm learning my lessons
on top of my game in a b.ball session
In the playground doing cartwheels handstands
Or in the music room, getting down to a jam
2 and 5 so my energy slams
big ups to mum for my healthy eating plan



CHORUS

Crunch and sip, spit out the pips,
So my body is strong and my mind is with it
2 fruit, 5 veg and water when I'm thirsty
The way to stay healthy, are you with me? (yeah)

OUTRO

banana - strawberry - mango
celery - carrot - tomato
banana - strawberry - mango
celery - carrot - tomato

To the beat y'all and you don't stop
Crunch&Sip y'all and you don't stop
2 and 5 y'all and you don't stop
H - 2 -O y'all and you don't stop

Lyrics written and preformed by Meng Jones

Music Production by Josh Hogan - www.joshhogan.com.au