



Eat The Rainbow

Lyrics by Rachel Andrews
Music by Catherine Brentnall

♩ = 128

C Em Am Am G(SUS4) G C Em Am

4 Am F Em F G C

Crun- chy veg — and jui- cy fruit, Just
Fruit and veg — are good for health, They

7 Am Am7 G(SUS4) G Em F

wait- ing for you to eat. — Don't for- get to
give — you what — you need. — Fib- re helps — your

10 G C Am Am⁷ G(SUS4) G

wash them first, Then eat them, what a treat! Some
 tum - my work, And vi - ta - mins fight dis - ease. Next

13 Am Em/B C F G C

grow up high, some grow down low, They just need soil, sun and rain.
 time you have them on your plate, Count the col - ours that you see.

16 C Am E/G# C/G F#^o7

Then coll - ect the food, and find their seeds, You can
 The whole rain - bow's what you need to eat, To

19 F G(SUS4) G C Em

watch them grow a - gain!____
keep your - self heal - thy.____

Red pep-per, or-ange car-rots,

22 F C Em/B Am F

yel-low ban-an - as too,
Green cab-bage, blue-ber-ries, pur - ple

24 G(SUS4) G F G E/G# Am Am/G

grapes. These are all____ good for you,____ So

27 F G C Em Am Am G(SUS4) G

1.

eat the rain - bow, eat the rain - bow.

30 C Em Am Am F C Em Am

2.

bow.

33 Am G(SUS4) G C Em Am Am F C

rit.