Cauliflowers fluffy and cabbages green

Carrots are sweet once they are clean

Pile them on my plate, now don't be mean

I'm a 5-a-day, get out and play, veg- eating machine!

Chocolate bars you can't sell to me

I spend my money on celery

Guarantee there's no stopping me

When the plate I see has some broccoli

We like potatoes, they are so nice,

Scrub them or peel them and cook them in a trice.

Yeah, one potato, two potato, three potato, four

We'll clap in the air and tap on the floor

You think you're tough? You think you're hard?

You need to grow veggies out in your yard.

Dig them up muddy but fresh and sweet,

The tasty, no-wastey, treat to eat.

Just give them a clean underneath the tap,

Turn around, touch the ground, our vegetable rap!