

With energy and vitality

♩ = 124

Five-a-day

words and music by
Jonathan Willcocks

3 *mf*

You want to be the best? Stand out
run so fast? Ne - ver

7
from the rest?— You want your looks to be— on
come in last?— You want to grow up fit— and

10
top of the pile,— have a win-ning smile? You want to be the first?
stand up so tall,— fair - est of them all? You want to have a boost?

14
And ne - ver be the worst?— It's ea - sy,
and al - ways rule the roost?—

17
as we will show— there's on - ly one way to go,— and so we'll tell you what we

20 *f* (show 5) (clap clap clap) (clap clap
know: Just give me five - a - day,— that's what the doc - tors say.—
(clap clap clap)

(2nd verse only) (show 5)
know: Give me five - a - day,— what the

24 (clap clap clap clap)
Eat some fruit, it's good— for you, all those veg - gies too, get
doc - tors say,— Eat— some fruit, it's good— for you, all those veg - gies too, get

Junk!

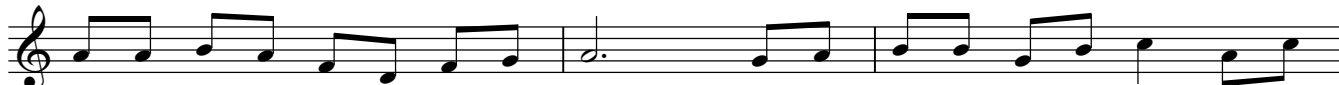
Brightly

99 ♩ = c.120



mf When you feel a lit-tle peck-ish, do you go to the
smell that fry-ing bat-ter for your-self, or you

103



cor-ner-shop or piz-za place you know? Where they have on sale all day lots of
see those fiz-zy drinks up on the shelf. All those swee-ties on dis-play, "Oh just

106



good-ies on dis-play, have some pop-corn? A can-dy bar? There's some
eat me" they will say, all those co-lours in ev-ery jar. When you

109



choco-late or a bag of stic-ky sweets, or a do-nut in a tray of tas-ty treats? And from
see the pile of cook-ies in the shop, with the sug-ar gleam-ing bright-ly on the top. All that

113



all that you can see, just what will your choi-ces be? Are you tempt-ed? Of course you are! But it's
salt put on the chips real-ly makes you lick your lips.

117



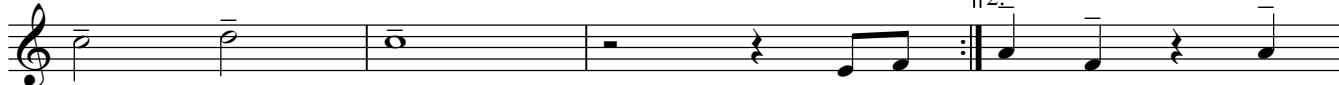
JUNK! Noth-ing but JUNK! Food that kids all like to eat, when they want a tas-ty treat. But in-

121



side their tum-my's bleat-ing, "Give me some-thing that's worth eat-ing. I'm still hun-gry for

124



food, real food." When you hun-gry still

128



hun-gry for food, REAL FOOD!"

Song of the Fish

Going swimmingly

$\text{♩} = 160$



See us go flash-ing and splash-ing a - round as we leap though the

146



spar - kling waves in the sun, our fins al - ways wrigg-ling, our tails ev - er

152



wigg - ling, the wa - ter's our free - dom and fun. There are large fish and

158



small fish and short fish and tall fish, and fish that hard - ly look real,

164



there are long fish and broad fish and ev - en the sword-fish and slip - pe-ry

170



ones like the eel. See us go flash - ing and splash - ing a -

176



round as we leap though the spar - kling waves in the sun, our fins al - ways

182



wrigg-ling, our tails ev - er wigg - ling, the wa - ter's our free -dom and fun.

188



There are meek lit - tle gold-fish and much fier - cer bold fish and some have teeth like a



Swim-ming free, _____ in the sea, _____

Go to the farm

Sadly ♩ = 82



When each cup-board where you look just has noth-ing you can cook,when your

236



shelves have room to spare and there's real - ly noth - ing there; when you

238



search the kit-chen, all in vain, and ev - en if you look a - gain the fridge is real - ly emp - ty too, so

241



tell us what to do? **rit.** Go to the farm and you'll find ev - ery-thing that

244



you could wish to eat, go to the farm and ve - ryquick - ly you will find a tas - ty treat, go to the

247

gradually getting louder



farm and all a - round you there are jui - cy mor - sels eve - ry- where, - just

249



pick and choose, there's noth - ing to lose on the farm, go to the

251



farm. Pigs give us the bac - on,

Running order

Breathlessly
♩ = 140

5 3 *mf*

When you're feel - ing blue, and you
On that rai - ny day when you

320
don't know what to do; when your bo - dy feels like lead, when you
can't go out to play; when you're bored or in a mood and you're

324
can't get out of bed; there's a per - fect way to bright-en your day, take some
ev - en off your food;

328 *cresc.*
ex - er - cise, feel your spi - rits rise;_ it's the way to go,_ you can en - er - gize your bo - dy from

332 Chorus (with actions)
top to toe: Throw your arms up in - to the air,_ lift each foot like

337
climb - ing a stair;_ wag - gle your head,_ give your shoul - ders a shrug,_ then you

340
wig - gle your hips_ a - round and give your - self a hug; from your toes to your fin - ger - tips this

343
real - ly is the way, keep your - self in run - ning or - der, take some ex - er - cise each day!