

Good for You!

Words and Music by
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Five-a-day	2
Relax.	7
Junk!.	10
Song of the Fish.	12
Go to the Farm	16
Running Order	24

Available Editions

Chorus Part: PMCP 117

Piano-duet version of the accompaniment: PMPD 117



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Five-a-day

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With energy and vitality

♩ = 124

Piano introduction in A major, 4/4 time. The right hand plays a rhythmic pattern of eighth notes, and the left hand plays a simple bass line. The tempo is marked as ♩ = 124. The first measure is marked with a forte (*f*) dynamic, and the second measure is marked with a simile (*sim*) dynamic.

4 *mf*

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

Vocal line for measures 4-6. The piano accompaniment continues with the same rhythmic pattern as the introduction. The dynamic is marked *mf*.

7

from the rest?_ You want your looks to be__ on
come in last?_ You want to grow up fit__ and

Vocal line for measures 7-9. The piano accompaniment continues with the same rhythmic pattern.

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?

Vocal line for measures 10-13. The piano accompaniment continues with the same rhythmic pattern.

14

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

Vocal line for measures 14-16. The piano accompaniment continues with the same rhythmic pattern.

17 *f*

as we will show _there's on - ly one way to go, _ and so we'll tell you what we know: Just give me

21 (show 5) (clap clap clap) (clap clap)

five - a - day, _ that's what the doc - tors say. _

(2nd verse only) (show 5) (clap clap clap)

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

Relax

Darkly and stressfully ♩ = 92

mf

When life moves too fast and its gone in a blink, the
I've ea - ten too much and I've rushed at my food, my

70

day ra - ces past and there's no room to think; I'm feel - ing the heat, and there's
tum - my's un - hap - py and so is my mood; I've so much to do, but I'm

73

Ists

no time to eat; my head's in a spin, just where do I be - gin? When
all in a stew; I've

77

2nds

life moves too fast and its gone in a blink, the day ra - ces past and there's
ea - ten too much and I've rushed at my food, my tum - my's un - hap - py and
Ten sion, too bu - sy, stress and strain, — head's all diz - zy,

Junk!

Brightly
♩ = 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

Go to the farm

Sadly $\text{♩} = 82$

mp

When each cup-board where you look just has

235

noth-ing you can cook, when your 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

With energy

 $\text{♩} = 108$ $\text{♩} = \text{♩}$

f

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 - ry quick - 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 farm.

252

f Pigs give us the bac - on, (snort snort)

Running order

Breathlessly

♩ = 140

f marcato *mp*

314

marcato

318

mf

When you're feel - ing blue, and you don't know what to do; when your
On that rai - ny day when you can't go out to play; when you're

322

bo - dy feels like lead, when you can't get out of bed; there's a
bored or in a mood and you're ev - en off your food;

326

cresc.

per - fect way - to bright-en your day, take some ex - er - cise, feel your spi - rits rise; it's the

cresc.