

The Fruit
Princess and the
Hunk of Junk



They call me the Hunk of Junk
I was traveling when my ship sunk
I landed in Gardenia a pretty place
My ship was down I'd lost the race.



This land was very strange and
weird
I saw large veggies as I neared
I did not like veggies one little bit
If I had to eat them I'd throw a fit.



I'd eat lots and lots of junky food
And I was always in a very bad mood
My belly would really hurt and ache
I'd make treats, desserts and bake and bake





I loved candy, sweets, and grease
But my body just wasn't at peace
In this land, I met a little child
The child's friends were quite wild

I fed them lots and lots of sweets
Faces turned green after the treats
It wasn't pretty, I felt so sad
Then I met the princess... she was
mad



Veggies, she asked me if I'd ever had
I said I think they taste real bad
I thought they were mushy and yucky
I had tried them once they were ucky

Then I tried vegetables again
I didn't know where I'd been.....

They tasted delicious and yummy
And they didn't even hurt my tummy
They began to make me big and strong
With veggies I found you can't go wrong



The princess and I became
good friends
And after I had made amends
I became a noble knight
And I never lose a fight

So now I eat broccoli and leafy greens
Lettuce, spinach, and green beans
Carrots, and tomatoes are really neat
And Occasionally I have a treat

So eat your veggies, they are good
Eat them like you know you should
Sauté them, steam them, eat them fresh
That is how I like them best

So you should try them too
Go ahead. Try something new!
Don't be afraid just eat them all
It's up to you, it's your call



Healthy and fit you will stay
If you eat five fruits and
veggies everyday
Limit candy, and lots of junk
If you want to be a real hunk

Just eat vegetables and good stuff
They will make you big and buff
You can do it and win the fight
You can be a veggy knight.

