

## YUM YUM

### Refrain

Carbohydrates, Yum! Yum!  
Get them into my tum!  
Bread and pasta and cereals  
Sweets, cakes and biscuits  
**Carbohydrates, Yum! Yum!**  
But they might make my  
Bum rather big if I eat  
Far too much, not just some!

### Verse 1

Fish, milk and eggs give me proteins  
To help repair cells and to make me grow  
**Milk, cheese, meat, butter and oil give me fat**  
A little gives me energy, too much makes me slow...

### Refrain

Carbohydrates, Yum! Yum!  
Get them into my tum!  
Bread and pasta and cereals  
Sweets, cakes and biscuits  
**Carbohydrates, Yum! Yum!**  
But they might make my  
Bum rather big if I eat  
Far too much, not just some!

### Verse 2

Fresh fruit and veg are my heroes  
They've minerals and vitamins and fibre too  
Vitamins and minerals are good for my cells  
And fibre moves food through my gut, helps me poo...

### Refrain

Carbohydrates, Yum! Yum!  
Get them into my tum!  
Bread and pasta and cereals  
Sweets, cakes and biscuits  
**Carbohydrates, Yum! Yum!**  
But they might make my  
Bum rather big if I eat  
Far too much, not just some!