



The Sprout Fights Back



Take a look at me,
What do you see?
I'm really so, so good
But I'm totally misunderstood,
Look at the facts,
I'm sure you'll agree;
I could tell you from the heart
That I'm the top of the chart
But who'd believe a little under-achiever
Like little ol me!



It's a travesty,
Oh what an award
That such a tasty kind of bloke
Should be taken as a joke,
Should be so shunned,
Cold-shouldered
And completely ignored!
I'm avoided and mistrusted
I'm affronted and disgusted
I'm gonna fight back
And then I'll be right back
On the menu once more



Things really are a mess,
And I've had such bad press
But I'm gonna change things,
Re-arrange things;
We're moving at last,
I'm done with the past
When things just get spoiled
It's coz I'm to long boiled
Those days are gone
We're moving on





The Sprout Fights Back



**You'll be passionate
Wait and see!
You'll be amazed what I can do
With a chestnut or two,
Just add a few spices
And I'll be as nice as pie!**



**I've been severely underrated,
Been so totally frustrated
Ah but now I'm truly motivated
To make sure I'm elevated
Right to the very top of the tree!**



**And there'll be no more anxiety,
I'll offer so much variety,
I'll be the model of propriety
The pick of all society
That will be ME !!!**





Look After Your Heart



Can you hear that gentle beating?
So much confidence and calm,
Can you feel the warmth
That's flowing through each vein?
Can you touch the shining water?
Can you smell the Summer grass?
Are you warmed by the sun?
Are you cooled by the rain?



Have you thought how much that means to you?
Have you thought how long it may last?
Gather all your hopes and dreams to you
And be sure, when the dice are cast,
To look after your heart!



Listen to the beating of your heart
And be sure to treat it well;
Listen to the rhythm and the melody of life,
It's your centre, your core,
Your future, no more to be said!
Never give it less than the best,
Walk away from all the rest
And breathe nothing but air !





Activate Your Dancing Shoes!



Get on your feet, get on your feet,
 Shake your body and move it;
 Get on your feet, get on your feet,
 That's the way to improve it
 Get on your feet, get on your feet,
 Shake your body and move it;
 Get on your feet, get on your feet,
 That's the way to improve it
 So dance (clap.....)



Hey, YOU! Couch potato
 Sitting there growing fat!
 Get on your feet, turn off the TV
 Gonna change your habitat!
 Hey, YOU! Couch potato
 Sitting there moaning, singing the blues,
 Get on your feet, turn off the TV and
 Activate, Activate, ACTIVATE
 Your dancing shoes (clap.....)



Oo, ahhh, feel the beat and
 Move it..... just groove it.....
 Oo, ahhh, feel the beat and
 Go..... Let yourself go!



Get up, get off your couch and use it..
 Use it as a dance floor!
 Get up, get off your couch and
 Dance, dance, dance, dance....
 (repeat)





What's Cooking?



**What's Cooking? You know it smells so good!
Seductive, as all the best food should;
The rich aroma in town
Pinned me down to where I stood!**



**When it comes to cooking,
You can count on the French
And from the Turks
You can grab a kebab,
All you need's a little bit of luck
To bag a Peking Duck,
Or a moment or two
To find a hhhhot Vindaloo,
A jacket and Thai
And you'll be wondering why
You never tasted this variety before!**



**Walking down the street can only
Make your mouth water,
Indian, Italian
Or any old quarter
Take a look around
Any part of town
And tell me what you see:
Summer days with Hollandaise
On wild, fresh salmon;
Coq-au-vin and minted lamb
And thick sliced gammon**





What's Cooking?

Then there's Mexican tortilla wraps,
And schnitzel with a hint of schnapps,
Pasta, every shape and size
And fruit enough to feast your eyes,
There's goulash and there's lamb tagine
And the biggest paella you've ever seen !!!



Pitta bread, naan bread, Biryani
Quiche Loraine and chilli con carne,
Chunky duck with roasted cherries,
Haggis served with loganberries,
Strips of beef or veg with oodles of
Stir-fry teriyaki noodles and
Loads of tasty puds just like a Tiramisu,
Come on DELIA, let's be "avin" you !!!

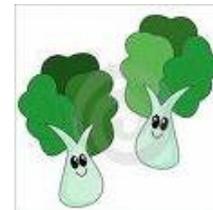


Greens With Attitude!



Life's been a bit unfair,
No matter what you say about it,
It's been unfair,
Just a bit unfair.

Nobody seemed to care,
And when we'd start to scream and shout it
They'd just look and stare,
So yeah life's been a bit unfair.



Time after time
We're always the end of the line
But it's you who are missing out!
We've got the power and the punch
So when it comes to the crunch
We're the business....
And that's what it's all about!



You'd better start to care
If you want a life that's worth it
You start to care
For us, and we'll take you there

Because we're (clap..)
Greens with attitude, we're (clap..)
Greens with attitude
So if you feel just a hint of doubt
We'll be round to sort you out!!



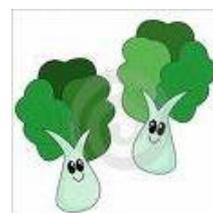
Don't think that you can get away with this,
Coz you need us, YES you need us!
Time that you gave the junk foods a miss
You've got a lot to gain
Just engage your brain!

Greens With Attitude!



We're gonna make life fair,
No matter what you say about it,
We'll make it fair,
Gonna make it fair.

Everybody's gonna care,
Especially when we scream and shout it,
They don't know where
To look, but they sure will care!



You'll get the picture,
We're gonna switch a
Lot of out of date ideas;
Gonna turn 'em around
Ain't gonna preach ya
But we can teach ya
How to make up for all the lost years.



Changes are in the air
We're putting back a whole new taste in
Your daily fare,
Yeah, changes are in the air!



Because we're (clap..)
Greens with attitude, we're (clap..)
Greens with attitude
We're green beans, broccoli,
Sugar snaps and celery,
Kale, herbs, Brussels sprout,
Things you shouldn't be without,
Broad beans, cauliflower,
Cabbage comes with iron power!
Spinach and asparagus,
You'll get the taste for all of us!





Calcium



Can you feel that rhythm in your bones?
(Yes I can feel it, it's pounding, it's driving me on)

Can you feel it in your head?

(It's in my head, it's alive, I can feel it!)

Can you feel it pulling you in?

(It's like a magnet and I'm on the end of it)

Let yourself go, go, go

(Pulling and pulling me in, into that beat)

Pound the beat.



Let yourself go,

(Feel the pounding beat when you walk, when you jump and when you run)

Don't you wrap yourself in cotton wool

(Feel it building up your bones)

Let yourself go

(You're feeling fine)

Feel that impact in your arms,

(You're feeling good)

Your legs, your feet,

(You feel alive)

You need the pulse, you need the beat

(And so you should)

Let go, feel the sun and know

(You've energy to spare)

The time is right,

(Use it wisely, use it well)

Let yourself go, there may not be a second chance

(There may not be a second chance)



Calcium



It's a magical metal, calcium,
It's the magic that you need,
(To make your bones and your teeth
Work as smooth as silk,
It's just amazing what you get from
..... Milk!)



Grab the moment while you're young enough;
Build up your bones, bones, bones
Make 'em strong!

(You'll be) amazed how they build,
You'll be amazed how they grow,
You'll be amazed when you flash your teeth
How the crowds react, how they stop the show!



Just move along with the flow
You'll be amazed how a feeling can grow
You'll be amazed how it feels when you know
That you can smile at them once and you stop the show!

