

Change For Life Rap

Make a swap, when you next shop,
If you do, your weight will drop.
Fatty foods, sugary drinks,
Before you eat, have a think.

Change for life, that's what you do,
Start eating things that are good for you.
Making good choices, leads to a healthy diet,
Start changing, c'mon and try it.

Sugary foods are good at the time,
But afterwards they seem like grime.
They make you fat and unhealthy,
And make your belly turn to jelly.

So before you eat,
Think of the price.
If you want to be healthy,
Do what's right.