



## Crave My F.A.V (Track # 5)



“Man! Right now....all I can think about is my F.A.V.

My F-A-V and that means fruits and vegetables!”

When I crave my F.A.V. my heart feels better  
When I crave my F.A.V. my bones get stronger  
When I crave my F.A.V. my muscles get bigger  
My legs jump higher, and I can live longer

Oooh (x3)

Now shake your head, touch your toes,  
Bend your knees... and flap your elbows (flap your elbows)

When I crave my F.A.V. my heart feels better  
When I crave my F.A.V. my bones get stronger  
When I crave my F.A.V. my muscles get bigger  
My legs jump higher, and I can live longer

Oooh (x3)

Fruits and Vegetables are my F.A.V  
Now swing your arms, stomp your feet  
Wave your hands in the air... wave em' like you just don't care

When I crave my F.A.V. my heart feels better  
When I crave my F.A.V. my bones get stronger  
When I crave my F.A.V. my muscles get bigger  
My legs jump higher, and I can live longer

When I crave my F.A.V. (*Oooh*) my heart feels better  
When I crave my F.A.V. (*Oooh*) my bones get stronger  
When I crave my F.A.V. (*Yeah*) my muscles get bigger  
My legs jump higher, (*Oooh*) and I can live longer

Oooh (x3)

When I crave my F.A.V.!

Oooh (x3)

F-A-V is my fruits and vegetables

When I Crave My F.A.V.!