It's PhunkyFoods Time

Verse 1

I like to find the balance in life,
Between all the foods we need to survive.
Some foods we eat less; they're naughty but nice.
Some foods we eat more; they're the ones that I strive for.

So whenever we eat, and put the good stuff inside,
Wherever we eat, we know it's PhunkyFoods time.

Chorus

We're always happy,
Eat, drink and have fun.
We're always happy,
Good health for everyone.
PhunkyFoods time is here, so we know what to do,
We share it around, food for me and for you.

Verse 2

Wu-oh-wu-oh-oh For me and for you.
Wu-oh-wu-oh-oh For me and for you.

There are foods from the earth, like potatoes and greens.
There are foods from the sea, like tuna and sardines.
There are foods from the animals, like meat, eggs, milk and cheese.
Yeah I love all of these!

So whenever we eat, and put the good stuff inside,
Wherever we eat, we know it's PhunkyFoods time.

Chorus

Verse 3

Now I believe in feeding my mind,
With food, and with learning, we all can decide,
Just what it is, that we want to be,
We can be what we like, as long as we're healthy.

Chorus

Wu-oh-wu-oh-oh For me and for you.
Wu-oh-wu-oh-oh For me and for you.
Wu-oh-wu-oh-oh For me and for you.