



When I Crave My F.A.V.

Something I **crave** means something I **like**

It means I **think** about it **everyday** and **night**

Right now all I'm **thinking** about is my **F.A.V.**

My **F.A.V.**, that's right

And I'll tell **you** what it means

Whoo Hoo, the **F** is for the **fruits** and

Whoo Hoo, the **V** is for the **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

When I **crave** my F.A.V my legs **jump** higher

Alright, this time I want **everybody** in the room to **sing** out about their **F.A.V**

Their F.A.V. Fruits and Vegetables! **Okay?** (thumbs up) Here we go...

Whoo Hoo, the **F** is for the **fruits** and

Whoo Hoo, the **V** is for the **vegetables**

(Repeat twice)

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

When I **crave** my F.A.V my legs **jump** higher