

## Breakfast Time

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### CHORUS

What time is it? It's breakfast time at last  
You've slept for hours without any food, it's time to break the fast  
What time is it? It's time to give your tum a treat  
It's breakfast time (yipee!!) And breakfast can't be beat!

Don't kiss it, don't 'diss' it, don't sleep too long or you'll miss it  
Don't leave it, I won't believe it, if you tell me you're not hungry,  
You've just gone 8 hours without anything in your tummy  
(don't be ridiculous, of COURSE you're hungry!)

### CHORUS

Don't tip it, don't skip it, don't play with it so long that you whip it  
Don't leave it, I won't believe it, if you tell me you're not hungry,  
You've just gone 8 hours without anything in your tummy  
(don't be ridiculous, of COURSE you're hungry!)

### RAP – BRIDGE

Make yourself some cereal, fruit juice or porridge and toast  
Pancakes with lemon and sugar is what I like the most  
Peaches and bacon, not together, stew some apple or prunes  
Things you eat with knives and forks or things you eat with  
teaspoons  
Whiz up bananas and milk for a cool smoothie  
Strawberries, raspberries, blackberries or even a blueberry  
Whatever you can find in the cupboard to eat will do  
But make sure that it's healthy, nutritious and good for you  
And while your on it, tell your parents to get their act together too  
cos coffee doesn't cut it!

### CHORUS

It's breakfast time and breakfast can't be beat x2