Startwell
Being active, eating well, achieving more.



Fay 5 A Day

It's Fay 5 a day, It's Fay 5 a day
Eating fruit and veg, eating fruit and veg
Apples, Oranges, broccoli
They are super good for me!
They grow down low and on the trees
Let's eat them everyday

It's Fay 5 a day, It's Fay 5 a day
Eating fruit and veg, eating fruit and veg
Tomatoes, plums and celery
They are super good for me!
They grow down low and on the trees
Let's eat them everyday

