

LET'S SING AND HAVE FUN! VEGGIE BELIEVER

(Carl Winter's lyrics tuned from The Monkees' "I'm a believer". The song – covered by the pop rock band Smash Mouth – is part of the soundtrack to the movie Shrek. You can watch videos of Carl Winter's songs at <http://foodsafe.ucdavis.edu>.)

When I was young I stayed away from vegetables
They were meant for someone else, but not for me
Veggies couldn't taste good
That's the way it seemed
Whether they were stir-fried, raw, or steamed
But then I had a taste
Now I'm a believer
Didn't leave a trace
Of greens on my plate
I was wrong
I'm a believer, a veggie eater
From now on
I thought leafy greens should be against the law
The same was true for broccoli, beans, and peas
What's the use in trying?
I'd rather have junk food
Didn't know healthy foods could taste so good
But then I had a taste
Now I'm a believer
Didn't leave a trace
Of greens on my plate
I was wrong
I'm a believer, a veggie eater
From now on
Veggies couldn't taste good
That's the way it seemed
Whether they were stir-fried, raw, or steamed
But then I had a taste
Now I'm a believer
Didn't leave a trace
Of greens on my plate
I was wrong
I'm a believer, a veggie eater
From now on
Yes, I had a taste
Now I'm a believer
Didn't leave a trace
Of greens on my plate
Now I'm a believer, yeah, yeah, yeah, yeah
I'm a believer
I'm a believer