

Kidz Bites Lyrics

KEEPING IT REAL

Verse 1:

Food that's made in a lab?
No, no, no, it makes me sad
Food that's made by mum and dad?
Yes, yes, yes, and now I'm glad
GMO? Or MSG?
No, no, no, please none for me
Fresh food from land, air or sea?
Yes, yes, yes, nature is key

Chorus:

What about junk food and refined sugar?
Chemicals and etcetera?
No you're trying too hard, that's got no appeal
When in doubt just remember to KEEP IT REAL
Keeping it real!
Keeping it fake?
No, no, no, that's a huge mistake!
Keeping it real!
Keeping it fake?
No, no, no, that's a huge mistake!

Verse 2:

Numbers 101 to 894?
No, no, no, additives no more
Ingredients we know are good for sure?
Yes, yes, yes, getting this is core
Highly processed, packaged food?
No, no, no, no good for you
Raw food and fresh produce too?
Yes, yes, yes, that's the real thing dude

Chorus:

What about junk food and refined sugar?
Chemicals and etcetera?
No you're trying too hard that's got no appeal
When in doubt just remember to KEEP IT REAL
Keeping it real!
Keeping it real!

Keeping it real!
Keeping it fake?
No, no, no, that's a huge mistake!
Keeping it real!
Keeping it fake?
No, no, no, that's a huge mistake!

KEEP IT REAL