

**Oh, breakfast time, breakfast time,
flakes and fruit, put you in your prime
Three cheers for breakfast time,
Let's have some wholemeal toast.**

Lowri thought she'd lose some weight
To make her hips and thighs look great.
But missing breakfast sealed her fate.
it made her weak and wobbly.

Sausages are oh so fine,
As a protein source they're just divine,
But if you eat them all the time.
They'll make you big and spotty.

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Museli's a splendid food,
Made from stuff that's oh-so-good,
Oats and dates build a happy mood,
they taste so fresh and crunchy.

Why not try some grapefruit juice,
It keeps you frisky and footloose.
A classy drink that'll introduce
You to a healthy lifestyle.

