

Grow Food

HEALTH IS WEALTH

Name:

Date:

Appetite for Change “Grow Food”

[Hook]

Grow food, grow food
 A-F-C got produce, A-F-C ‘bout to go cool, we gon’
 Grow food, grow food
 A-F-C got produce, A-F-C ‘bout to go cool (grow)
 Whippin’ in the kitchen, whippin’ in the kitchen (grow)
 I be whippin’ in the kitchen, whippin’ in the kitchen
 (woah)
 Chop it up, chop it, chop it, chop it, chop it up
 That slow food’s got you sloppy bruh
 So chop it, chop it, chop it, chop it up
 Grow food (go go go go go)
 Grow food (go go go go go)
 Chop it up, chop it, chop it, chop it, chop it up
 That slow food’s got you sloppy bruh
 So chop it, chop it, chop it, chop it up

[Verse 1]

See in my hood, there ain’t really much to eat
 Popeye’s on the corner, McDonald’s right across the
 street
 All this talk about guns and the drugs pretty serious/But
 look at what they feeding y’all, that’s what’s really killin’
 us/Please change the food at my school, make it good/
 Get that fake food up out of my hood/Hope the message
 not misunderstood
 Grow and cook your own food, yes you could
 Got the lil homies in the garden
 Got the big homie sellin’ collard greens
 And the northside ain’t starving
 Since good Minny cooks been on the scene

[Verse 2]

Screamin’ ‘Hot Cheetos and Takis’ but you better eat
 your broccoli/Fake food is kind of lame, putting poison in
 your brain/Need more people at the club, poppin’ bottles
 of that water
 Dabbin’ on that fast food, pullin’ veggies out the garden/I
 go hard, I eat good/And I put that on my mama/Eatin’
 healthy school lunch/And that’s word to Miss Obama/
 Drinking water, living longer/No processed drama/Call
 me John Deere shawty/I be growing like a farmer, dab

[Hook] Repeat

[Verse 3]

I get the C from the oranges
 I get the D from the broccoli
 I get that A from the milk
 I get my vitamins properly
 My food be packed with the minerals
 I hope you taking this literal
 So when you 65 plus
 You should be passing your physical
 Tried tell ‘em, tried tell ‘em
 But they did not believe me
 Boy that sugar was sweet
 ‘Til I got diabetes
 You better rethink your drink
 That stuff is not what you think
 Get you some water or something
 I get it free from the sink
 Keep it healthy but still got that good taste
 Got an appetite for flavor and an appetite for change
 If you need a couple pointers I can get you some help
 And then I see you on the Vine, ‘cause you need some
 milk

[Verse 4]

Eleven-year-old with some big dreams
 About to make it big on the big screens
 Don’t pay attention that TV
 Plus, fake food ain’t what you need
 Come in the house, let us chop it up
 That spring salad mix made it popular
 But you thought that you plan on stopping us?
 Did you thought that you plan on stopping us?
 ‘bout that health wealth, social change
 My fruits and veggies be off the chain
 Want real food for real people
 Good at breaking bread, yeah fame
 New money, real money, that’s all I need
 Get the green, broccoli
 Want to make a hundred mils, we done cooked a
 hundred meals
 Cause my people gotta eat!

[Hook] Repeat