

# A Chicken Named Mac

chorus

Don't be like a chicken, a feathery fool  
And eat all the garbage that they throw at you  
Or let a TV commercial tell you what you should eat  
Exercise and eat right Sweet!

There was a chicken, his name was Mac  
He'd eat all day and then have a snack  
He could barely get up to do his cock-a-doodle-doo  
And his BMI was.....102

chorus

He got so big, he couldn't fit his pants  
Scratch in the sand, or do the chicken dance  
Fast food, fat, fried sugary treats  
He didn't exercise or watch what he would eat.

chorus

If he could speak with his beak he'd say "Listen, chick...  
I sat around all day, big as Old Saint Nick  
But then I heard about the old food pyramid  
Here's some things you can do, here's some things that I did"

bridge

Drink plenty of water, six servings of grains  
Three veggies, two fruits, now that's using your brains  
Two servings a day of dairy and meats  
But please go light on the fats and the sweets  
You can swim, you can bike, you can walk the dog  
Or hop like a bunny, jump like a frog  
Half an hour a day, you can do it too  
Exercise and eat right, cock-a-doodle-doo!

chorus

Now he walks the barnyard three times a day  
He's got time to work, he's got time to play  
He's no Fat Albert - Hey, Hey, Hey!  
All the hens can't help but look his way

chorus

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