

I know what's right,

And I know what's wrong.

When to say yes,

And say no, strong,

Strong.

I will make sure,

I can tell the difference, see.

I will make sure,

I'm as healthy as can be.

As can be,

Be, be.

Chorus:

I know what's wrong and what's right when

It comes to the bite.

I know just what to say,

It's my life.

Lets be healthy, be happy, be you,

Be the way that you want to be.

Make sure that you make a good decision.

## **INSTRUMENTAL**

Chorus x2

I know what's wrong and what's right when

It comes to the bite.

I know just what to say,

It's my life.

Lets be healthy, be happy, be you,

Be the way that you want to be.

Make sure that you make a good decision.