



Eating Good Tucker – Year 4/5 Djarindjin Lombadina

Verse 1

Djarindjin and Lombadina
Look out here our grass is greener
Growing in the midday Bard sun
Bush foods grow inside our school
Eating healthy's really cool
Planting fruit and veg is really fun

Verse 2

Watch em grown from tiny seeds
Watch out for those nasty weeds
Pull them out before they choke the plants
We eat gubinge, ngilli ngilli
For our bush foods we go silly
For the taste of our green sour ants

Chorus


Sun and water makes the plants grow stronger
We eat them every day so we live longer
Elders' knowledge keeps us out of strife
Eating food tucker gives us long life

Verse 3

Out at sea we hunt for goolil
Fish for murrung, buddabal, gumball
Using nets and spears and fishing lines
Ngarrong you can grab their back legs
Leave it if it has lots of eggs
Catching sea food, having a good time

Chorus

Sun and water makes the plants grow stronger
We eat them every day so we live longer
Elders' knowledge keeps us out of strife
Eating food tucker gives us long life



Good Tucker – Beagle Bay

Chorus

The pace of the race is fast, get a healthy base/
Vegies from the garden and the energy's replaced/
Watermelon, chilli, carrot, corn, don't waste/
The taste is ace, you mob get it in your face

Starting from a seed when the storm clouds bleed/
Watering the soil and we're pulling out the weeds/
It grows. You know it when the green shoots show/
The sun is shining down and the west wind blows/
We give a shout to Mr PJ and Jermaine/
Keep the crop coming back on track like a boomerang/
Water, fruit and vegies is the message that we're selling/
We spell it, we yell it, it's the truth that we're telling.

Chorus

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Vegies from the garden and the energy's replaced/
Watermelon, chilli, carrot, corn, don't waste/
The taste is ace, you mob get it in your face/

We're working as a team course the premiership's our dream/
Drinking lots of water, won't be running out of steam/
Centre flanks and pockets made of Nyul Nyul and Bardi/
When we kick that winning goal, we're gonna have a big party/
Before we play on Saturday we'll get a good sleep/
So I can take a screamer, mark it on their back and leap/
Broccoli will help us snap a goal from an angle/
Tomatoes give us strength to get us out of a tangle/

Chorus

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