I'm an orible orange
Covered in chemical spray.
I'm absolutely nasty
That's why I have to say
That I'm an orible orange
(he's an orible orange)
I'm an orible orange
(he's an orible orange)
I'm an orible orange)
And you shouldn't eat me.

I'm a soggy white sandwich
Made from bleached white bread.
I'm absolutely nutrition-less and useless,
That's why it has to be said
That I'm a soggy white sandwich
(he's a soggy white sandwich), etc.

I'm a chemical kipper,
Coloured with poisonous red dye.
I wish I were a beautiful bloater
But next to a pat of rancid butter I lie.
I'm a chemical kipper, etc.

I'm a lamentable lentil
Lamentablentablentablentable lentil.
I'm a lamentable lentil, etc

I'm a miserable maggot,
I live in poisoned fruit.
I always have bad tummy aches,
And very often puke--blechgh!
I'm a miserable maggot
Such a miserable maggot.
Fruit ain't what it used to be.
I'm a miserable maggot, etc

I'm an unhappy apple Covered in chemical dust I'm absolutely toxic So I warn you all I must I'm an unhappy apple, etc.

you shouldn't eat me.