



Jacek CUDNY

## THE WORMS ?

You can find them in sweet plums,  
apples and in other ones,

'cause more then one also dwells  
in - for instance - tasty pears.

Are they dangerous? No concerns!

First of all, they are not ... worms.

They are loved by pears and plums  
and - of course - by other ones -  
chiefly by the healthy foods  
- vegetables and all fruits.

'Cause their power is so real  
fruity faces are not ill  
but glad, nice, healthy and bright.

This is the ... vitamin's might.