

Build it Up!

Verse 1

Blueprints are ready, it's time to begin,
Nora sends mRNA, and the message comes in.
Ricky reads the message one codon at a time,
While Rudy links amino acids going down the line.
tRNA helps bring the building blocks near,
Each one carries an amino acid needed right here.
One after another, they link in a chain,
Building new proteins again and again!

Chorus

Build it up, build it up, one by one,
Ricky & Rudy Ribosomes get the job done!
Ricky reads mRNA, Rudy links the chain,
Amino acids join again and again.
Ricky & Rudy Ribosomes, building away,
Making the proteins Cellville needs every day.
Read the instructions, link them just right,
Building new proteins morning and night!

Verse 2

Ricky and Rudy work free in Sammy's flow,
Building proteins used where they need to go.
They work on Ernie Rough ER too,
Building proteins Cellville can send out to you.
And deep inside Mike the Mitochondrion is a special crew,
Mitochondrial Ricky and Rudy are working there too.
Using instructions from Mike's own DNA,
They build thirteen proteins for his ATP machinery each day.

Chorus

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Verse 3

Some proteins build structures and help tissues mend,
Some work as enzymes, speeding reactions again.
Some make pumps and channels that help things move through,
And antibodies are proteins that help protect you too.
Proteins help muscles to move, grow, and repair,
Some send messages here and there.
Throughout your whole body, whatever you do,
There are proteins at work helping take care of you!

Bridge

Some amino acids your body can make,
But nine are essential for the proteins you create.
Your body can't make those essential nine,
So food must provide them for the protein-building line!
Eat enough protein to help muscles grow strong,
And give them what they need to repair all day long.
When protein stays too low, your body may break muscle down,
Borrowing amino acids when there aren't enough around.
So give Ricky and Rudy the building blocks they need,
With enough protein.

Final Chorus

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