



Fold it Right!



Verse 1

Ribosomes line up on Ernie's side
Making new proteins that move inside
Into Ernie's lumen, the growing chains flow
Chaperones inside him help them fold before they go

Chorus

Ernie Rough Endoplasmic Reticulum!
Helps proteins fold and checks them just right!
Ernie Rough Endoplasmic Reticulum!
Sends them off in vesicles, day and night!

Verse 2

Too much food, too often, day after day
Can make Ernie's careful balance go astray
When proteins can't fold into shapes that they need
Misfolded proteins can start to exceed

Chorus

Ernie Rough Endoplasmic Reticulum!
Helps proteins fold and checks them just right!
Ernie Rough Endoplasmic Reticulum!
Sends them off in vesicles, day and night!

Verse 3

When misfolded proteins start piling high
Ernie slows new protein work for a time
More chaperones are made to help folding along
Those that can't fold right are cleared before long

Chorus

Ernie Rough Endoplasmic Reticulum!
Helps proteins fold and checks them just right!
Ernie Rough Endoplasmic Reticulum!
Sends them off in vesicles, day and night!

Verse 4

Good food gives cells what they need
Sleep gives your body time to recharge and reset
Move your body, run and play
Healthy choices help your cells every day!

Final Chorus

Ernie Rough Endoplasmic Reticulum!
Helps proteins fold and checks them just right!
Ernie Rough Endoplasmic Reticulum!
Sends them off in vesicles, day and night!