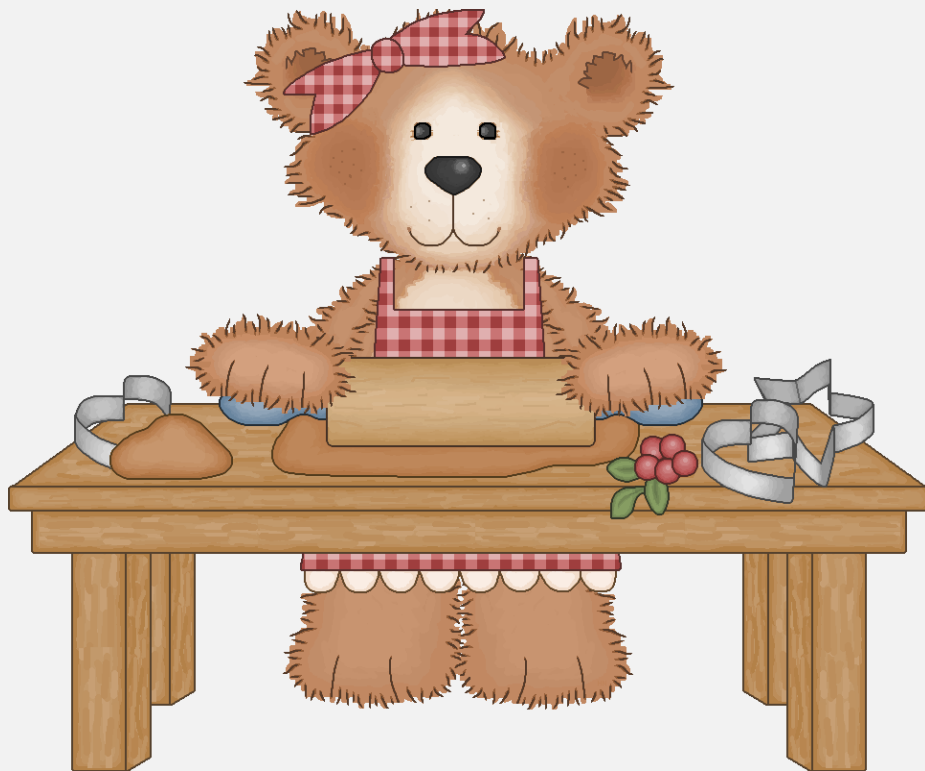


Fanciful Food



Poetry and Songs by Cherry Carl
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Grocery List for Mom

(Tune: I'm a Little Teapot)

Cherry Carl

Artwork: art4crafts.com

I love popcorn and hotdogs, too!

Give me burgers. I'm ready to chew!

Pancakes for breakfast and drumsticks at lunch.

Spaghetti and meatballs?

I'll take a bunch!

Cupcakes with chocolate and blueberry pie?

Oh, my goodness, I think I'll die!

Better get Lifesavers® for a snack,
and don't forget some Cracker Jack®!

Oatmeal's okay and potpie, too,
but come on, Mom, I'm ready to chew!



On Top of My Burger

(Tune: On Top of Old Smokey)

Cherry Carl

Artwork: Helena Normark

On top of my burger,
put plenty of cheese,
and ketchup and mustard . . .
but no onions, please!

I wouldn't mind pickles,
and bacon by threes,
but I do want my burgers
with no onions, please!

Put on the tomatoes
and lettuce galore,
but hold all the onions . . .

I've said it before!



Pizza Round

(Tune: Row, Row, Row Your Boat)

Cherry Carl

Artwork: Helena Normark

Roll, roll, roll the dough.

Toss it in the air!

Pepperoni, cheese and sauce,

there's enough to share!



Pizza Song

(Tune: Row, Row, Row Your Boat)

Cherry Carl

P is for pizza with lots of pepperoni,

plenty of peppers, what a treat!

Put it in the pizza pan and pop it in the oven.

Plates out, pop poured . . . now let's eat!

Pizza, Please!

(Tune: Do Your Ears Hang Low?)

Cherry Carl

Artwork: Helena Normark

Make us pizza, please,
every day and every night.

If there's lots of pepperoni
we will finish every bite.

Make it round or make it square.

We promise we will share.

Make us pizza, please!



Carrots

(Tune: On Top of Old Smokey)

Cherry Carl

Artwork: Helena Normark

We love to eat carrots.
They're crunchy and sweet.
We love to eat carrots . . .
our favorite treat!



Munchy Carrots

(Tune: London Bridge)

Munchy carrots, what a treat!
Munchy carrots, orange and sweet,
Munchy carrots for my lunch,
Munchy carrots . . . crunch, crunch, crunch!

Munchy carrots, what a treat!
That is all I want to eat.
Munchy carrots, sweet, sweet, sweet!
Munchy carrots can't be beat!

Eat Your Veggies!

(Tune: Shoo, Fly, Shoo)

Cherry Carl

Artwork: Helena Normark

Eat your veggies, won't you please?

Try the lettuce, corn and peas.

Have some carrots, tomatoes, too.

All these things are good for you!

Mama always cooks for us,

and we never make a fuss.

She'll fix peppers, cabbage, too,

all are veggies good for you!



I've Been Eating Lots of Pasta

(Tune: I've Been Workin' On the Railroad)

Cherry Carl

I've been eating lots of pasta,
every day at home.
I've been eating lots of pasta,
cause my mama comes from Rome.

Have you heard my mama singing
in the kitchen with me?
Have you heard my mama making
pasta just for me?

Don't you want to know,
she's a dynamo?
She can make it fast or slow-ow-ow!
Toss it in the air,
roll it here and there,
then we'll have some angel hair.

I can eat her macaroni,
I can eat her fettuccini,
I can eat her special secret sauce
and end up with cannoli.

And singing . . .
Fee-fi-fettuccini!
Tee-ti-tagliarini!
Ree-ri-rigatonil!
Cause I'll never eat bologna!

I've Been Working on My Pasta

(Tune: I've Been Working on the Railroad)

Cherry Carl

Artwork: Helena Normark

I've been working on my pasta,
all the live long day.
I've been working on my pasta,
now there can be no delay.
Don't you see the water boiling,
rising to the top?
Don't you hear the timer calling,
"It is time to stop!"

Pasta, don't you know,
pasta, don't you know,
pasta, don't you know you're done?
Pasta, don't you know,
pasta, don't you know,
pasta, don't you know you're done?

Someone's in the kitchen with pasta,
someone's in the kitchen, I know.
Someone's in the kitchen with pasta,
waiting for the sauce to show!

And singing . . .
Fee-fi-pasta in the pot.
Fee-fi-fiddly, it's nice and hot.
Fee-fi-fiddly, let's eat . . .
'cause pasta is such a treat!



Make Mine Macaroni!

(Tune: Billy Boy)

Cherry Carl

Artwork: Helena Normark

Oh, make mine macaroni, if you please.

Just be sure to mix it up with lots of cheese.

Make it "elbow," make it "curly."

Just be sure to make it early.

Oh, dear Mama, where's my macaroni cheese?

Oh, make mine macaroni, if you please.

All this spinach really makes me want to sneeze!

Fettucini or linguini,

Rigatoni, no baloney!

Oh, dear Mama, where's my macaroni cheese?



Spaghetti Face

(Tune: Oh, Where, Oh, Where Has My Little Dog Gone?)

Cherry Carl

Artwork: Helena Normark

Oh, how, oh, how, do you manage to eat
spaghetti for dinner each day,
with your meatballs rolling all over the place
and sauce smeared over your face?!

When I look at you, I can tell what you ate,
so why won't it stay on your plate?
Why can't you ever just put it in,
instead of feeding your chin?!



Crunch! Crunch! Crunch!

Cherry Carl

Artwork: Helena Normark

Let's have some tacos!
Crunch! Crunch! Crunch!
Crunchy, munchy tacos
for our lunch!

Fill it up with cooked meat,
tomatoes, if you please.
Sprinkle in some lettuce,
and toss on lots of cheese.

Now, when you eat your tacos,
you'll crunch, crunch, crunch,
but if you are not careful,
you will surely spill your lunch!

Ice Cream

(Tune: Little White Duck)

Cherry Carl

Artwork: Helena Normark

My favorite dessert is one that is so yummy,
with great big scoops that fill up my tummy!

It's ice cream, ice cream, what a treat!

Cool and creamy and simple and sweet.

You can eat it in a cone or in a plastic dish.

If you wish!

There's chocolate and vanilla, peanut butter, too,
and every now and then, a flavor that is new.

Just step right up and pick out one.

Just don't eat it when you're in the sun!

So you better start to lick, better make it fast.

It won't last!



A Painter's Palette

(Tune: Hush, Little Baby)

Cherry Carl

Artwork: Helena Normark

A gelateria on every street
offering ices, simple and sweet,
cool and creamy with texture and taste,
rounded scoops, not a drop to waste!
A painter's palette of colors galore!
Banana, ananas, limone and more,
served in a plastic pastel dish -
or in a cone if that's your wish,
to eat with a teeny, tiny spoon.
Gelato, gelato, I'm over the moon!



Oh, My Pasta!

(Tune: Clementine)

Cherry Carl

Artwork: Helena Normark

In a big pot, on the stove,
you are perfect for my sauce.

Cooking in the boiling water,
you are ready to be tossed.

Oh, my pasta, oh, my pasta,
Oh, my pasta, you are mine.
You are here for tonight's dinner.

Oh, my pasta, you're divine!

To the strainer and the drainer
rinse the water from your pot.
Now you're ready for my dinner
while you are so steaming hot!



Christmas Cookies

(Tune: Twinkle, Twinkle, Little Star)

Cherry Carl

Artwork: www.art4crafts.com

It's almost Christmas, don't you know?

It's time to make and roll the dough!

Cookie cutters, baking trays,

chocolate frosting, sugar glaze.

We'll cut out cookies all day long,

and while we work, we'll sing a song!

Let's make some stars and stockings, too,

angels, bells, and hearts will do.

We'll share a pot of tea for two,

a cup for me and one for you.

It's time to fill my empty spot

with Christmas cookies, sweet and hot!

It's almost Christmas, don't you know?

It's time to make and roll the dough!



Fun with Ginger Bears

(Tune: Lazy Mary)

Cherry Carl

Artwork: www.art4crafts.com

The Ginger Bears can roll the dough,

back and forth, and to and fro.

Cookie cutters make some men,

just enough for eight or ten.

Make them big or make them small.

Oh, Ginger Bears, I love them all!

This little bear has just begun.

Will she eat every one?!

This little bear thinks they are yummy!

Cookies filled that tiny tummy!

Let's build a ginger house today

with lots of candy. What do you say?

I've got a candy cane or two.

that I will gladly share with you.

"The house is done," said Ginger Bear.

"It's big enough for us to share!"



Ginger Folks

(Tune: Humpty Dumpty)

Cherry Carl

Artwork: www.art4crafts.com

Everyone knows about gingerbread men.

What shall we call them: Ben and Ken?

Do they like to play in the snow?

Do they like a candle's glow?

Can they use a rolling pin?

Can they skate and twirl and spin?

Do they eat the cookie dough?

Do they like to stitch and sew?

Will they eat a candy cane?

Do they even have a brain?

Are there gingerbread girls and boys?

Will they get some Christmas toys?



Mmm! Mmm! Good!

(tune: Skip to My Lou)

Cherry Carl

Artwork: www.art4crafts.com

Let's make Christmas cookies now!

Grandma always showed me how.

Better put them in the jar,
so we'll know where cookies are!

Spicy gingerbread men galore,
add some frosting, make some more!

Will there be enough to share?

Better hide them from this bear!



How Much is That Burger on the Menu?

(Tune: How Much is That Doggie in the Window?)

Cherry Carl

How much is that burger on the menu?

The one with the lettuce and cheese?

How much is that burger on the menu?

I do hope that burger's for sale!

I don't want some Mexican nachos.

I don't want some rice and Chinese.

I don't want a pizza from Italia.

I just want a burger with cheese!

How much is that burger on the menu?

The one with the lettuce and cheese?

How much is that burger on the menu?

I do hope that burger's for sale!

Build a Burger!

(Tune: Billy Boy?) Cherry Carl

Shall we make some patties now, _____, dear, _____, dear?

Shall we make some patties now for our dinner?

We will measure, pat and roll,

make the patties in a bowl.

Yes, we'll make the patties now for our dinner.

Shall we cook the patties now, _____, dear, _____, dear?

Shall we cook the patties now for our dinner?

Get the charcoal nice and hot,

and be sure to cook a lot!

Yes, we'll cook the patties now for our dinner.

Shall we build the burgers now, _____, dear, _____, dear?

Shall we build the burgers now for our dinner?

Spread the mayonnaise on the bun,

add some ketchup just for fun.

Yes, we'll build the burgers now for our dinner!

Shall we add the toppings now, _____, dear, _____, dear?

Shall we add the toppings now for our dinner?

Put some lettuce and some cheese,

and some pickles if you please.

Yes, we'll add the topping now for our dinner!

Shall we eat our burgers now, _____, dear, _____, dear?

Shall we eat our burgers now for our dinner?

With a napkin in your lap,

eating burgers is a snap.

Yes, we'll eat our burgers now for our dinner!

"Scratch"

Cherry Carl

Artwork: Helena Normark

My grandma always had a knack
for working wonders with a little bit of this
and a little bit of that . . . something she called "scratch."

Empty flour sacks, transformed into tiny tea towels.

Worn out dresses,
carefully coaxed into comfy quilts,
a spool of thread, a duo of delicate doilies.

Yes, my grandma could work miracles with a little bit of nothing,

but her most amazing creation
was a batch of freshly baked baking soda biscuits. Mmm . . .

if I close my eyes and take a whiff,
I can almost smell Grandma's kitchen and biscuits from "scratch."



Have an Apple!

Cherry Carl

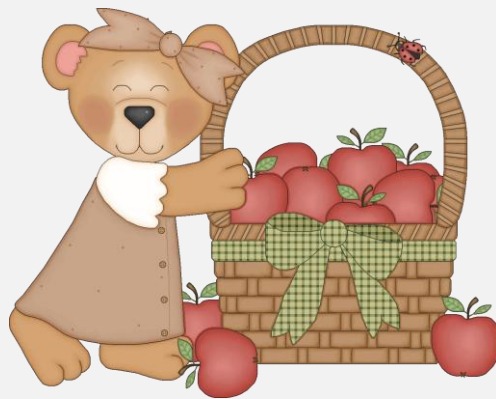
Have an apple, fresh and sweet.

Oh, my goodness, what a treat!

Slice it up to eat with cheese,
or peanut butter, if you please.

Eat it baked or eat it fried,
or try some chips that have been dried.

Apple butter's good on toast,
but apple strudel makes me boast
that Grandma makes the very best!
It's so much better than the rest!



It's Apple Picking Time!

Cherry Carl

Grab your basket, make it quick!

Autumn's here. It's time to pick
apples that are green and red
and ready for the pies ahead!

We have to pick them all by hand
(because they bruise, I understand).

The sun and rain and busy bees
have done their work on apple trees.

So pick a dozen, maybe two.

We'll bake some pies when we are through!



Incredible Edibles

Cherry Carl

When you have a snack attack,
there's no need for cutting back.

You can eat a healthy diet!

Come on, kids, you've got to try it!

Fruits and veggies, crunch, crunch, crunch!

Pretzels, popcorn, munch, munch, munch!

Juice and raisins, applesauce!

Come on, now, you be the boss!

When you snack, please do include,
nothing but some healthy food!

Picking Berries

(Tune: The Ants Go Marching)

Cherry Carl

Artwork: Helena Normark

Mom needs berries to bake, you see, a pie for us!

We will go, my brother and me, without a fuss!

It won't take long if we do it right,

but now my brother is out of sight,

and my basket's full and I am ready to go.

The berries for Mama are really a special treat!



Pizza and Pumpkin Pie

(Tune: Old MacDonald)

Permission from Lucy Jensen

Artwork: Helena Normark

Old MacDonald had a farm, E-I-E-I-O,
and on that farm he had a turkey, E-I-E-I-O,
with a gobble, gobble here and a gobble, gobble there,
here a gobble, there a gobble, everywhere a gobble, gobble,
Old MacDonald had a farm, E-I-E-I-O!

Old MacDonald had a farm and on Thanksgiving Day,
he wanted most a turkey roast, but the turkey ran away.

NO gobble, gobble here, NO gobble, gobble, there,
NO here a gobble, there a gobble, ANYWHERE gobble, gobble,
Old MacDonald's dinner was

PIZZA AND PUMPKIN PIE!!!!



Thanksgiving Dinner

(Tune: "Billy Boy")

Cherry Carl

Artwork: Helena Normark

Shall we bake a turkey roast, _____ dear, _____ dear?

Shall we bake a turkey roast for our dinner?

With the stuffing tucked inside, and the drumsticks tightly tied,

Yes, we'll bake a turkey roast for our dinner.

Shall we mash potatoes soon, _____ dear, _____ dear?

Shall we mash potatoes soon for our dinner?

We will whip them through and through, with some milk and butter, too.

Yes, we'll mash potatoes soon for our dinner.

Shall we bake a pumpkin pie, _____ dear, _____ dear?

Shall we bake a pumpkin pie for our dinner?

We will measure, mix and pour. Then we'll stir and stir some more.

Yes, we'll bake a pumpkin pie for our dinner.

Shall we have somebody come, _____ dear, _____ dear?

Shall we have somebody come for to our dinner?

Ask our family and friends, there's a list that never ends.

Yes, we'll have somebody come to our dinner.

