

From Yummy to My Tummy!



Written by Cherry Carl
Artwork: www.art4crafts.com

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Sometimes I drink a cup of tea,
or drink some milk that's good for me.
I eat some ice cream, cold and sweet,
or eat some berries, what a treat!
I eat a piece of birthday cake,
and then I'll take a candy break!
All these things that taste so yummy
add some sweetness to my tummy!



Grocery List for Mom

(Tune: I'm a Little Teapot)

Cherry Carl

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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!



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!

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!

Crunchy Carrots

(Tune: Are You Sleeping?)

Cherry Carl

Artwork: Helena Normark

Crunchy carrots.

Crunchy carrots.

Orange and sweet!

Orange and sweet!

Carrots in the summer.

Carrots in the summer.

Can't be beat!

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-rigatoni!
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!

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!



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!

Lick! Lick! Lick!

(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!



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!

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!

