


"Chew a Cuke" to the tune "If You're happy + You Know it" Raw Food Song

Armena Marderosian December 11, 2009

 Main beat whole syllable is capitalized. An extra comma is a rest beat [to clap]. The song starts on an "upbeat" (not a downbeat) 4 beats per measure. Or you can think 8 beats per line with the 1st word "If" as "upbeat" beat 8. WANT is the 1st downbeat.

Listen to the song here:

<http://vocaroo.com/?media=vMIZ885ye5NkuySaZ&recipient=armena1949@gmail.com>

If you WANT to Chew on SOMETHing, Chew a CUKE, ,[clap],

If you FEEL like Chomping, CHOMP On a CUKE, ,[clap] 🤪,
Napa CABBage + roMAINE, + CeleRY will Keep you SAANE, redPepper
BROCcoli Stalks + JUICy Fruits - the LOWfat "Save your BRAIN". ,

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Your BRAIN is StimuLAted When you CHEW, ,[clap].

+ you WANT to Chew on SOMETHing That helps YOU, ,[clap].

so Keep aWAY from Fatty SNACKS, + Choose inSTEAD to Get the KNACKofchewing Juicy
WHOLE fresh Ripe raw FRUITS + Leaves + STALKS + Sweet young SHOOTs.

So Keep aWAY from Fatty SNACKS, + Choose inSTEAD to Get the KNACKofchewing Juicy
WHOLE fresh Ripe raw FRUITS + Greens + STALKS + Tender SHOOTs!

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December 11, 2009 My first version was to suggest nonsweet foods to chew on for low-cal chewing when I saw a kid studying with his hand in a bag of chips=fatty starch=make you tired. I added fruit to the list when I saw the all-vegetable list might be misconstrued as anti-fruit, + we know that whole fresh ripe raw juicy fruit as our main food provides our cells with the fruit sugar they need for our functioning well with abundant energy, when we keep low our fat calories below 10% of calories. Read "The 80/10/10 Diet" by Dr. Douglas N. Graham, also Dr. Graham's "Nutrition and Athletic Performance" + "Grain Damage" available www.foodnsport.com

Singing guide for "Chew a Cuke" sung above.

[B-Flat] If you [^ E-Flat] want to chew on something [^ D] chew [^ E-Flat] a [^ F] cuke,

[^ B-Flat] If you [^ F] feel like chomping, chomp [^ E-Flat] on [^ F] a [^ G] cuke,

[G] Napa [^ A-Flat] cabbage and ro[^ C]maine and [^ A-Flat] cele[^ G]ry will keep [^ F] you [^ E-Flat] sane, red [^ G] pepper
[^ F] broccoli stalks [^ E-Flat] and [^ D] whole fresh [^ C] fruits [^ D] the [^ E-Flat] low fat save your brain.

If you want to chew on something, chew a cuke, [clap]

If you feel like chomping, chomp on a cuke, [clap]

Napa cabbage + romaine + celery will keep you sane, red pepper

Broccoli stalks + whole fresh fruits - the low fat "save your brain".

Your brain is stimulated when you chew, [clap]

+ you want to chew on something that helps you, [clap]

So keep away from fatty snacks, + choose instead to get the knackofchewing

Juicy whole fresh ripe raw fruits + leaves + stalks + sweet young shoots.

So keep away from fatty snacks + choose instead to get the knackofchewing

Juicy whole fresh ripe raw fruits + greens + stalks + tender shoots!

"Chew a Cuke" sung in key of E-Flat. Starts on B-Flat to E-Flat. Sung Friday 15 April 2011.

Armena Marderosian's words + singing, composed 2009 Ann Arbor, Michigan.

On website www.suniproject.org in the Sing for your Baby section. Recorded on Vocaroo.com