



Raw Food Songs

"Chew a Cuke"

(tune of "If You're happy and You Know it")

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, redPepper
BROCcoli Stalks + JUICy Fruits - the
LOWfat "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!

,,,,

Cuke Song Notes:

Main beat whole syllable is capitalized. An extra comma is a rest beat [to clap]. The song starts on an "upbeat." 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.

From the Author

My 1st raw song was "Peace in the Pipes" to tune of "The Happy Farmer", written Easter Sunday 12 April 2009. I wrote these songs to help explain simple easy digestion. Please know it's best to eat fruit meals on an empty stomach as the main course (not as "dessert"). 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

Videos can be found at:

<http://umich.edu/~rhrose/rawfoodsongs>
<http://www.youtube.com/watch?v=K62J5ckt4-4>
http://www.youtube.com/watch?v=Nbyep4TU5_U

and

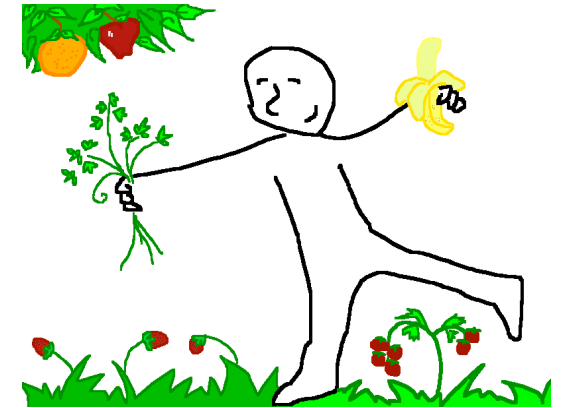
www.suniproject.org in the "Sing for Your Baby Music Education" section, article #37

1. "Fruit for our Music + Music for our Fruit"

* Read 3 Raw Food Songs "Peace in the Pipes"

* "Banana with Banana" for simple, easy digestion

* "Chew a Cuke"



Fruit for our Music

Music for our Fruit

Words and Singing © (p) by
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2009

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"Banana with Banana" (Tune of "Davy Crockett")

Verse 1

baNAna With baNAna And a
GRAPE With a GRAPE,
NUT or Seed with GREENS (not
Sweets) we diGEST As an APE,
boNObos', Chimps', and HUMans'
Plumbing's SAME In the PIPES,
sweet FRUIT with Greens (not
FATS) digest Well for PRIMates of
our TYPE.

Refrain:

diGESTion, SepaRATE sweet Fruit
from FRUITS of Fat or ACid
and your TUMmy Will NOT Have
a FIGHT, , ,
diGESTion, SepaRATE sweet Fruit
from NUT or Seed or avoCAdo
and your BELLY Will FEEL All
RIGHT.

Banana Song Notes:

CAPitalized syllable is downbeat=first
beat of a measure. Capitalized first
letter is the second beat. Uncapitalized
but first word of a line is an "upbeat"
before the downbeat.

Verse 2

AVoCado, DURiAn or NUT Or
SEED,
these FATty Fruits diGEST with
Greens, only a LITtle Fatdo we NEED,
ONE Time per DAY at Most, of ON-
Ly one KIND,
these FATty Foodsdigest WELL with
Greens (butnotwith SWEETfood of
Any KIND).

Verse 3

paPAYa, Peach, perSIMMons, Pear
will GIVE our NATural FUEL.
such WHOLE fresh Ripe raw JUICy
Fruits, and baNANas Are the RULE,
EAT eNough CALories of Fruit, and
HAPpiNess will BLOOM
inyourBODY And your MIND and
Mood, you'll FIND you Want to
ZOOM.

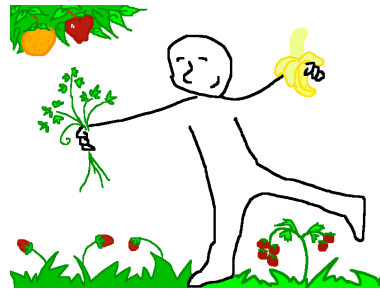


Illustration by Anoush Suni Feb 2010 ©

Peace in the Pipes (Tune of "The Happy Farmer")

peace In the Pipes gives Hea-lth of all
Types,
clear Stomach, flat stomAch, thank
mono-Meals of Fruit.
[repeat].
bright Eyes, bounce-in-Step, It's
ElementaRy,
eat-less Fat, exercise-More, eat-more
Frui-t, eat fruit More
and Leaves and tender Shoots, it's
eleMentaRY.

sweetFruits, and-veggieFruits, and
Greens 'n sweet young Shoots,
whole-freshFruit mono-Meals, Our
Fou-ntain of Youth,
it's ElementaRy, it's elfeMemfaRy!
it's ElfemenfaRy, it's "elf" (eat less
fat), "em" (exercise more) "emf (eat
more fruit),
it's ElfemenfaRy, it's elf em emf ar
Ry!

Peace Song Notes:

"On the Beat" words are Capitalized to
help you fit the words to the tune. Most
phrases start on the "upbeat"
uncapitalized.