

Don't Eat the Food That is Sitting On Your Plate

by Barry Louis Polisar

Don't eat the food that is sitting on your plate
But smear it in your ear and smush it in your face,
Mash you mashed potatoes and stuff 'em down your pants,
Wiggle 'em around a bit and do a little dance
Pour your milk upon the floor and slip and slide around
Slosh and splosh and giggle and roll around the ground
Butter up a piece of bread and stick it in your shoe
Pour your milk upon your head and on your neighbor, too

Never eat your string beans or brussell sproiuts or bread
But chomp and chew on chocolate and cherry pie instead
Soon you'll feel so sick that you wan't wanna stand up
The gurgle in your stomach will finally erupt
Your teacher will not like you and your teeth will all turn gray
And you will feel so sad that you ever heard me say

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