THE FOOD BLUES

by The Corries

(That sends me back)

I was sitting in a motorway restaurant

And a waiter came up and said: “What do you want?”

I looked at the menu, it looked so nice

Till he said: “Let me give you some advice.”

“\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ they got too much starch,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and gravy are bad for your heart,

There’s hormones in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and veal,

Ravioli is a dead man’s meal.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_’s got preservatives, nitrate’s in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

Artificial colouring in jellies and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Stay away from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, run away from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

Pepperoni \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a sure way to die.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ rots your teeth and makes you put on weight.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (have) got cyclamates.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (have) got cholesterol, there’s fat in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ruins your kidneys so does \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_’s got mercury, red meat is poison.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_’s going to send your blood pressure rising.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and salami (have) got deadly red dyes.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are sprayed with pesticides.”

I said: “What can I eat that’s going to make me last?”

He said: “A small drink of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in a tiny wee glass.”

Then he stopped and he thought for a minute.

“Never mind the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, there’s carcinogenics in it.”

I got up from the table. Walked out into the street

Realizing there was nothing I could eat.

Ain’t eaten for a month but I’m feeling fine.

’Cause he did not mention \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, whiskey and red, red \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

get fatter and fatter\_\_\_\_\_\_\_

 • very small (Scottish dialect)\_\_\_\_\_\_\_\_

 • a silver liquid metal element that is used in thermometers\_\_\_\_\_\_\_\_\_\_\_\_\_

 • a white substance without any taste that is found in rice, potatoes, and other vegetables. It is a type of carbohydrate that gives you energy. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 • a sauce made from the juices of cooked meat mixed with flour \_\_\_\_\_\_\_\_\_\_\_\_\_

 • meat from a young cow\_\_\_\_\_\_\_\_\_\_\_\_

 • a chemical substance containing nitrogen, used for improving the quality of soil \_\_\_\_\_\_\_\_\_\_\_\_

 • a substance made by people and used instead of something natural, that you add to change the colour of something\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 • a type of artificial sweeteners \_\_\_\_\_\_\_\_

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I was sitting in a motorway restaurant

And a waiter came up and said: “What do you want?”

I looked at the menu, it looked so nice

Till he said: “Let me give you some advice.”

“**Spaghetti** and **’taters** they got too much starch,

**Pork chop** and gravy are bad for your heart,

There’s hormones in **chicken** and **beef** and veal,

Ravioli is a dead man’s meal.

**Bread’s** got preservatives, nitrate’s in **ham**,

Artificial colouring in jellies and jam.

Stay away from **doughnuts**, run away from **pie**,

Pepperoni **pizza** is a sure way to die.

**Sugar** rots your teeth and makes you put on weight.

**Artificial sweeteners** (have) got cyclamates.

**Eggs** (have) got cholesterol, there’s fat in **cheese**.

**Coffee** ruins your kidneys so does **tea**.

**Fish’s** got mercury, red meat is poison.

**Salt’s** going to send your blood pressure rising.

**Hot** **dog** and salami (have) got deadly red dyes.

**Vegetables** and **fruit** are sprayed with pesticides.”

I said: “What can I eat that’s going to make me last?”

He said: “A small drink of **water** in a tiny wee glass.”

Then he stopped and he thought for a minute.

“Never mind the **water**, there’s carcinogenics in it.”

I got up from the table. Walked out into the street

Realizing there was nothing I could eat.

Ain’t eaten for a month but I’m feeling fine.

’Cause he did not mention **beer**, whiskey and red, red **wine**.

get fatter and fatter\_\_\_\_\_\_\_ put on weight

 • very small (Scottish dialect)\_\_\_\_\_\_\_\_wee

 • a silver liquid metal element that is used in thermometers\_\_\_\_\_\_\_\_\_\_\_\_\_mercury

 • a white substance without any taste that is found in rice, potatoes, and other vegetables. It is a type of carbohydrate that gives you energy. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_starch

 • a sauce made from the juices of cooked meat mixed with flour \_\_\_\_\_\_\_\_\_\_\_\_\_gravy

 • meat from a young cow\_\_\_\_\_\_\_\_\_\_\_\_veal

 • a chemical substance containing nitrogen, used for improving the quality of soil \_\_\_\_\_\_\_\_\_\_\_\_nitrate

 • a substance made by people and used instead of something natural, that you add to change the colour of something\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_artificial colouring

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