

Guitar Sheet Music

Food Allergies Rock!
Kyle Dine



FOOD ALLERGIES ROCK!

(Capo on 1)

Intro – G7 (repeatedly)

Chorus

 C
Food Allergies Rock
 E Am
Food Allergies Rock
 C7 F C Dm G
To tell you the truth I would rather have them than not
 C
Food Allergies Rock
 E Am
Food Allergies Rock
 C7 F C Dm G
I wouldn't trade them, I'm happy with what I got

Verse 1

F
Just a few things that I can't eat
 C
But none of it's in my favourite treat
 Dm
I can stay safe and I can stay well
 G
Cuz I stay alert after the dinner bell

F
I could be a doctor or an astronaut
 C
What ever I choose I can reach the top
 Dm
So I have food allergies
 G
But I don't let them define me

Chorus

Verse 2

F
I can read labels like I read a book
 C
And I'm so creative when I try to cook
 Dm
I can eat healthy things like fruit
 G
For every thing I can't there's a substitute!

F
I can be brave and speak up for myself
 C
I can find safe food on a cupboard shelf
 Dm
I teach friends on what they're all about
 G
And I'll be just fine living without

Chorus

Then repeat chorus again slowly for outro



My Epineph-Friend

Intro

F Bb
You and I are not the same
F C
But we both have an allergy
F Bb
And the one thing that we both have in common
F C F
Is the medicine we carry

Bb C
I don't ever really want to use it
Bb C
I don't ever really want to lose it
Bb C F
All I know is that it's there if I need it

Uptempo rock starts

Verse 1

F Bb
You and I are not the same
F C
We both have different tastes
F Bb
But the one thing that we both have in common
F C F
Is what we carry on our waist

Chorus

Bb C
I don't ever really want to use it
Bb C
I don't ever really want to lose it
Bb C
All I know is that it's there if I need my...

F C Bb
Epi Epi Epi Epi Epineph-friend (x 2)
D# C F
When I have it on my side, I know I'll always be alright

Verse 2

It comes with me everywhere I go
It's a part of me and that's a fact
I'm happy to know, just like a friend
When I need help, it's got my back
I don't ever really want to use it
I don't ever really want to lose it
All I know is that it's there if I need my...

Epi Epi Epi Epi Epineph-friend (x 2)
When I have it on my side, I know I'll always
be alright

Bridge

A#
It's got a funky case for a girl or boy
[F]
It's a serious thing and not a toy
[G]
If someone asks what's that I wear
[C]
I tell em it's a buddy who will always be
there....

Solo

When I have it on my side, I know I'll always
be alright (hold C for one bar)

Chorus



Cool Bracelet!

Capo 1

Verse 1

C7

Tick Tok, Tick Tok says the watch
And Jingle jang, says a jewelry box

F7

I wear something that says much more

C7

A bracelet that helps when I need speaking for

G

When I tell my friends all it can do

F7

They say "Cool Bracelet! Can I get one too?"

Verse 2

Clap on, clap off, look at that shine

That's the way it glows with a light on mine

On the back you'll find a list

It's my allergies on top of my wrist

When I tell my friends all it can do

They say "Cool Bracelet! Can I get one too?"

Verse 3

Knock knock knock, who's at my door

It's some new friends that I've met before

And If they don't know my allergies

I can tell them with my medical i.d.

When I tell my friends all it can do

They say "Cool Bracelet! Can I get one too?"

Shing Shing Ding a Ling Ringa Ding Doo

Shing Shing Ding a Ling Ringa Ding Doo

She Bop a Bee Bop a Beep Beep Boo

She Bop a Bee Bop a Beep Beep Boo

Doo Wop Shoo Wop Shimmy Shim Shoe

Doo Wop Shoo Wop Shimmy Shim Shoe

A Dee Deet a Deet Done a Doodle Dot Doo

A Dee Deet a Deet Done a Doodle Dot Doo



NEVER KEEP A REACTION A SECRET

Verse 1

C
If I felt strange inside
G
The last thing I'd do is run and hide
F G
Because allergies aren't meant
C
To be kept a secret

My parent's won't be mad at all
Accidents can happen, it's no one's fault
The most important thing
Is that I'm okay

Pre Chorus

F G C Am
If I felt bad I could tell my dad
F G C Am
If I felt funny I could tell my mummy
Dm C G Am F G7
These strange signs may be the result, of an allergy, so I tell an adult....

Chorus

C
I'm gonna make some noise
G7
So you can hear my voice
F G C
I'd never keep a reaction a secret

Verse 2

Rash on the arm or a swollen lip
That's not normal, I must admit
So I tell someone
Who can help make it go away

If I had a reaction I might feel scared
But I speak up cuz other's care
And help me out
Just like I would for them

Second Pre-Chorus

F G C Am
My teacher I'd tell if I didn't feel well
F G C Am
My soccer coach, I can always approach
Dm C - G Am
These strange signs may be the result
F G7
Of an allergy, so I tell an adult....

Chorus



C'est La Vie

Verse 1

G G7
You and I, see eye to eye
C C#dim
That we don't mind when others just might
G E
Whether it's a bruise on the knee, or food allergies
A
Won't bother me
D
C'est la vie

Chorus

C G
And in this crazy life it's easy to get caught up in the fuss
C G
When people think we've got it bad and it must be so tough
Em A
It's all not as bad as some might make it to be
C G
We can play and have fun, smile and feel young
A D G
So we'll say, c'est la vie

Verse 2

Give your best and try
Look on the bright side
You can reach the sky
When you keep your head high

Then you will see, how happy you'll be
That's the key, c'est la vie

Chorus

Bridge

Am G
They're were problems then, problems now and forever they'll be there
Am D
So why waste time on worrying, when there's no time to care

Outro
G
So give thanks that we're free
E
Anything we can be
A D G
So we'll say, c'est la vie

G
Whether a bruise on the knee
E
Or food allergies
A D G
Won't bother me, c'est la vie



ONE OF THE GANG

Verse 1

E B7
I can be one of the gang
E A7
My pals and I can just hang
E B7 C#m A7
What we eat may change, but we're really just the same
E B7 E
Cuz I can be one of the gang

I can be part of the group
Me, him, her, and you
We're all in the loop, we're a big happy troop
Cuz I can be one of the group

Chorus

A7
Like peas in a pod, we all belong
E
We can be different and still get along
C#m
Friends we are, and will always be
F#
I look out for you, and you look out for me
A7
No matter where we go, or what we do
B7
It's so good to have, a friend like you

Verse 2

I can be part of a team
Together we can build anything
We can play any sport, or act any scene
We can be part of a team

We can all be friends
The good times they never end
But when times get tough, a hand we will lend
Cuz we can all be friends

Chorus

Outro

What we eat may change, but
we're really just the same
Cuz I can be one of the gang

We can sing in the rain I hope
these days will never change
Cuz I can be one of the gang
Cuz I can be one of the gang



BZZZZ

Capo 4

Verse 1

G
I'm a bee yeah, straight from the hive
Six legs and wings to fly

C
But I can sting

G
Watch out I can sting!

Chorus

A7 D7
Because bees are known for only 3 things

C
Spread pollen
Make honey

G
And Sting!

Verse 2

I'm a busy little bee, working for a queen
I'm friendly and barely ever mean
But if ya get too close to bare
I'm so small I Get scared

Because bees are known for only 3 things
Spread pollen
Make honey
And Sting!

Bridge

C
If you swat at me or make a racquet

G
I'll be one upset yellow jacket

A7
But if you stay calm and behave

D7
When you say hello, then I will say....

G
Bzzz

Chorus



I've Got Allergies Under Control

Chorus

C
I'll be strong, and reach my goals
G
Cuz I've got allergies under control
I'll double-check any plate or bowl
C
Cuz I've got allergies under control

Verse 1

C
When I get older I'll be my best
Bb F
You can't slow me down with some allergy test
C
So there's a few things I can't eat
Bb F
There's no road too tough for these two feet

G
Stomp once if you agree
Stomp twice if you have allergies
Stomp three times , just like me, 1, 2, 3 ohhhhh

I'll be strong, and reach my goals
Cuz I've got allergies under control
I'll double check any plate or bowl
Cuz I've got allergies under control

Verse 2

At a fancy restaurant
I can ask what's in the food I want
No matter where, I'll be okay
I'll spot those foods from a mile away
G
Stomp once if you agree
Stomp twice if you have allergies
Stomp three times , just like me, 1, 2, 3 ohhhhh

Chorus

Bridge

F
I share toys like trucks or tanks
C
But sharing food, I say no thanks
Bb
But when unsafe food is on the shelf
G
I stand tall and remind myself

Chorus

Chorus with Key Change

A7
D
I'll be strong, and reach my goals
A
Cuz I've got allergies under control
I'll double-check any plate or bowl
D
Cuz I've got allergies under control



It's Just Food

E D
We can celebrate any special date

A
Isn't it so great, when we're together?

E D
Got a friend who can't eat, every single treat

A
That's fine with me, ya we're best friends

D A
We can play or share all our toys

C B
Let's have a good time, where everybody can join

Chorus

E B
Oh it's just (it's just what?) it's just food!

D A
Doesn't have to be right in the room

E B
Cuz it's just (it's just what?) it's just food!

E A
So many other things we can do

C B E
It's better when we're all together too...it's just food

Food is nutritious and often delicious
No matter what the dish is, it must be safe

At a party with a meal, we sometimes feel
That it's such a big deal, to be eating

But we can play or share all our toys
And have a good time, where everybody can join

Chorus

Solo – E-D-A

Chorus

C B E
It's better when we're all together too...it's just food



I Can't Eat Eggs

Chorus

G

I can't eat eggs

I can't eat eggs

C

I can't eat eggs

G

I can't eat eggs

D

G

So many things I can eat, but eggs

C

G

You'd think to avoid one little egg would be easy

D

But eggs can be found in many foods

D7

If ya don't mind I'll name a few...

G

Lemon meringue and pumpkin pie, scrambled, poached, over easy or fried

D

Danish or cupcakes with glaze. Hamburger buns and mayonnaise

G

Yellow biscuit, I don't risk it, caesar salad, I resist it

D

Fresh pasta and meatballs, I am careful with it all

Chorus

You'd think to avoid one egg would be easy

But eggs are found all over the store, if you don't mind I'll name some more

French vanilla ice cream and French Toast, Bon Voyage, Meatloaf!

Pancakes and breakfast waffles, pickled eggs but they smell awful!

Donuts, cakes and muffins too, egg nog and creamy soup

Whenever you can see me snacking, bet there'll be no eggs a-crackin'

Chorus

You'd think to avoid one egg would be easy

But eggs are found all over the store, if you don't mind I'll name some more

Pretzels, pastry, ranch dressing, chocolate bars can keep me guessing

Some breads say "may contain", I make my own that taste the same

It's more than food believe it or not, I can't get the flu shot

Eggs from a chicken and a chicken's okay, unless it's breaded I might say nay

Chorus



Five Little Beans

C

Five little beans on a trampoline

G

Jumping all over the place

G

One named Lizzy got a little dizzy

C

And fell right on her face

Four little beans all making a scene

As they all jumped up for joy

But then one left, at another's request

She was allergic to soy

Three little beans, one in between

Had a little gas

He was made of jelly and an upset belly

Made him blast off onto the grass

Two little beans, yellow and green

Jumping more and more

One jumped too high, up in the sky

And fell right through the floor

One little bean, all alone he seemed

Feeling like he lost his squad

He was reminded then, he's got some friends

As there's always some peas in the pod!

