

# PLUM AND GREEN

*Peter Austin*

Flicking through the channels;  
Not a pretty scene;  
Nothing on but losing weight, with  
Jenny, Phil or Dean:

Grim as Sunday preachers,  
Hellfire in their eyes,  
Dwelling on the aftermath of  
Eating greasy fries;

Shaming us with graphics,  
Scaring us with stats,  
Goading us to give up starch, and  
Saturated fats....

Irked, I curse the clicker,  
Hurl it to the floor,  
Where it switches channels, to the  
Singing dinosaur.

Glory hallelujah!  
What a change of pace:  
Half a ton of blubber, with a  
Hugely grinning face,

Skipping in a circle,  
Children in his wake,  
Blowing out the candles, on a  
Giant birthday cake....

Want to raise your rating,  
Jenny, Phil or Dean?  
Fill your skin with greasy fries, and  
Paint it plum and green!

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