

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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