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Fast Food

The delivery was lightning-quick,
the online payment a breeze;
we were munching burgers
and fries in no time. My wife

blurted out about my calorie
intake and I deadpanned
it was taboo to talk nutrition
while I was guzzling Coke.

I had planned to eat veggies
today, but work-from-home
proved more back-breaking
than advertised, leaving

me no extra time to cook
fish soup with greens.

So I made do with the fibre
in deep-fried potatoes.

Perhaps it's time I put fast
food on the back burner,
now that my young daughter
can rattle off *McDonald's*.