

Food! Scene #

By

Will Hightower

Will Hightower 2010 (c)

Will Hightower
602-363-8384
ComicWill@hotmail.com
www.EasierSaid.net

Cast of Characters

Woman: A beautiful, fast-talking,
diet-converted woman

Man: A slightly over-weight man

Scene

Here

Time

Now

ACT I

Scene 1

The stage is bare as WOMAN pulls on a chair and stands on top of it looking into the audience. She is holding a copy of "In Defense of Food". She surveys the audience before:

WOMAN

Look at yourselves! What are you? I don't mean "what are you" in the psychological "who am I? My daddy doesn't love me, waaaah!" sense. I mean what is your *function*? Our ancestors had two primary roles, that of the hunter and the gatherer. Two simple, self-explanatory, yet vital positions--which are you?

Silence-if someone talks she shuts them down.

WOMAN

You have created a new position for yourself! The CONSUMER! Like the CEO's son who shows up after his high school graduation and declares himself the "Director of Social Media Marketing" or the Administrative "Tweeter" with a 6-figure paycheck and more vacation days than work days. He rides on the coattails of his father, eats up resources, and does nothing to contribute to the system. You know him, you hate him and now you have become him. Look at yourselves. You sir, what did you have for lunch?

When the audience member starts to speak she cuts him off and/or talks over him.

WOMAN

Let me guess, you sir, have the appearance of a model hunter! You stalked your prey quietly from the comfort of your leather couch as you awaited for the right moment to strike. The time neared, the door bell rang, and you leapt upon your target that rested obliviously in the arms of the 20-something pizza-faced delivery boy. You conferred a flash of cash on the carrier and took your Chinese-cultured catch into your luxurious lair before gorging yourself on the fruits of your labor. By the way, the 2 pounds of Orange Chicken you unhinged your jaw for does not contain even a single serving, nay, not even a molecule, of the fruit it claims to align itself with.

She changes focus as she spots a lady.

(CONTINUED)

WOMAN

You there, miss, what was the last meal you prepared for your family using all organically grown fruits and vegetables from your own backyard? Oh, you don't have a garden of goodies, an orchard of organic oranges or even a fruitless, futile ficus? Perhaps you spend too much of your time slaving over a hot drive-thru to cultivate any culinary culture for the generation you generously begot. When was the last time any of you consumers contributed?

She spots MAN.

WOMAN

You, sir, look like you love to eat!

MAN

Excuse me?

WOMAN

I don't mean, "you look like you love to eat" because you're fat--

MAN

What?

WOMAN

I mean, you're not *that* fat.

MAN stares in disbelief and scoffs.

WOMAN

Tell me sir, are you married?

MAN

No, not that it's any of your--

WOMAN

Didn't think so; what a shame. Why not?

MAN

Well my mom says it's--

WOMAN

Come on up here.

MAN walks up onto the stage next to WOMAN.

WOMAN

Let's take a good look at you.

She rotates him to get a good look.

(CONTINUED)

WOMAN

How do you feel about your body?

MAN

I was feeling pretty good until you called me--

WOMAN

Just as I thought-- poor self-image.

She walks around him, touching his shoulders, ears, and waist.

WOMAN

Did you know that people with good self-images get the best jobs, fastest cars, and sexiest women?

MAN

How can I--

WOMAN

With a proper diet of course!

MAN

Can't I just continue therapy and gain self-esteem?

WOMAN

With a body like that? You'd be lying to yourself and nobody wants to sleep with a liar. Besides, with so much diet confusion out there you'll need all the knowledge you can get. Otherwise you risk eating too much and becoming more obese.

MAN

More obese? I am not--

WOMAN

Or eating too little and becoming anorexic.

MAN

...I guess I can try a diet, but which one?

WOMAN

Well, there are so many: The Atkins diet, South Beach diet, Cookie diet, Slim Fast, vegetarian, fruitarian, Rastafarian, Kangatarian--

MAN

Kangatarian?

WOMAN

You only eat Kangaroos--Google it.

(CONTINUED)

MAN

Okay... Go on.

WOMAN

Jenny Craig, Joel Fuhrman, Graham, Weight Watchers, Spark People, Nutisystems, Master Cleanse, and of course Subway.

MAN

So which one is the best?

WOMAN

Well, as it says in Micheal Pollan's "In Defense of Food" you should, "Eat food. Not too much. Mostly plants."

MAN

That's it?

WOMAN

That's it.

MAN

I already do that! In the morning I have a bowl of cereal--

WOMAN

Sugary, processed cereal consisting mostly of corn.

MAN

A vegetable last time I checked.

WOMAN

A processed vegetable is hardly a vegetable. Go on.

MAN

For lunch I have a turkey and cheese sandwich.

WOMAN

Bread?

MAN

White.

WOMAN references the book when appropriate.

WOMAN

"Rule No.37 The whiter the bread, the sooner you'll be dead." And turkey, nor cheese is a plant.

MAN

You said *mostly* plants.

WOMAN

Go on.

MAN

Oh! For a healthy snack I have a Nutrigrain Bar.

WOMAN

Healthy? "Don't eat anything your great grandmother wouldn't recognize as food."

MAN

Well what the hell am I supposed to eat?

WOMAN

Easy!

Reading from the book.

WOMAN

"Avoid food products containing ingredients that are a) unfamiliar, b) unpronounceable, c) more than five in number, or include d) high-fructose corn syrup." You should take supplements as well.

MAN

I already take diet pills.

WOMAN

1. Diet pills are not supplements. 2. Diet pills have a ton of various side effects.

MAN

Side effects?

WOMAN

Oh yes, just very minor inconveniences like gas, nausea, bloating, cramps, diarrhea, insomnia, high blood-pressure, weight-gain, heart attack, and death.

MAN

Death is a minor inconvenience?

WOMAN

Look on the bright side; at least you'll lose 21 grams!

MAN

Okay so I'll stop taking the diet pills, but eating healthy is too expensive.

WOMAN

Too expensive? "If you think healthy living is expensive, you should try obesity." You know who said that? Benjamin Franklin.

(CONTINUED)

MAN

No, I'm pretty sure--

WOMAN

So I may have changed it a bit.

MAN

And he was fat!

WOMAN

That's not important, moving on. Simply put, "you are what what you eat eats".

MAN

So I am what I eat and what I eat eats too?

WOMAN

Yes.

MAN

So if I eat plants I am plants and if I eat a cow that eats plants I am plants?

WOMAN

Exactly.

MAN

So why can't I just eat beef all the time if I end up as plants either way?

WOMAN

Well because that's ridiculous! It says here in the book.

She begins flipping through pages in the book.

WOMAN

Not that one uhh...Umm right here it...no..

Two detectives arrive on the stage.

DETECTIVE 1

Excuse me miss?

WOMAN

Yes?

DETECTIVE 2

Is this your husband?

He shows her a Polaroid of her husband from the crime scene.

(CONTINUED)

Oh my God...

WOMAN

Without looking she slams the book into MAN's chest, effectively passing it off.

Come with us please.

DETECTIVE 1

They exit. MAN sits on the chair and begins reading the book.

Blackout. End of play.