Lunch

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Lunch
by Erika Mueller

I am so sick
of people asking me if I’ve
eaten, if I eat
too much, if I remember to eat
three times daily

I’m not sure when
grandma whispers to mom that I
look too thin
but I imagine her hoping that is all
that’s wrong with me
and she has found it.

When I’m frustrated or cold
mom knows it’s because
I don’t eat right
and she lists the things again
kiwi, ginger root, any type of soup,
beads of Echinacea, I should
eat everyday.

Dad would never even notice if I
never ate again
happy with his own cheeks full (he
always eats
one bite of each thing on his plate).

The worst part is, besides my sister
who eats
odd things all day long like lemon slices
and pickled beets, is that I sometimes wonder
if my stomach sticks out like a
too proud child
because I don’t eat right eat enough eat too much.