

Eating habits

Poetry

Science poems speak out
Tell the good and bad apart
The secret is practice
Pragmatically no doubt

Do exercise for eating
For heart to go on beating
You must be self-competing
Pick this poem for meeting

Not three but be five-time
Eating little at each time
Need exercise every day
To look bright and prime

Do not take food to be full
Must not make own dull & fool
Take it to meet all demands
Be though swimmer in the pool

Listen look at the garbage
Be all moving at all-age
Take the habit eating less
Water is best the beverage¹⁻³

Volume 4 Issue 3 - 2016

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Received: March 30, 2016 | **Published:** April 01, 2016

Acknowledgements

Thanks to the Ministry of Science Research and Technology, and National Elite Foundation for supporting the author's global initiatives and programs of optimizing science edification in the third millennium.

Conflict of interest

The author declares no conflict of interest.

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