

Food's art

Poetry

You healthy must be in food
To come a healthy in mood
Become rich in nutrition
Before become Iran's Ood

Taking much is immoral
Less of food is the moral
To have the joys in eating
Little, you can be royal

One exercise for eating
Each exercise each eating
Never leave it static
Run it quite for meeting

From the food you should take
The healthiest fish in lake
Bread you may only eat
After you be good at bake

The secret of this poem
Is at the multiple em
You must keep it to combine
To form a lab with the chem.¹⁻⁷

Acknowledgments

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.

Special Issue - 2015

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Received: November 19, 2015 | **Published:** November 25, 2015

Conflict of interest

Author declares that there is no conflict of interest.

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