



Healthy Haiku 3: How to Fight Childhood Obesity One Poem at a Time

By Dr Imani Ma at

Focused Health, LLC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is the third in the Healthy Haiku Productions (HHP) Series of books (// and the first to be introduced as an ebook for easy downloading and access. It is designed to do several things. First, it serves as a health awareness discussion platform for teachers and mentors. The term mentor is used to encompass all adults who work with youth and are responsible for youth development including all educators and parents who work with youth. It may be particularly helpful to those needing alternative strategies to educate and motivate the under-served and at-risk youth. Second, this book serves as a guide for: 1) helping children, teens and their mentors explore important nutritional health issues; 2) introducing children and teens to the world of the English Language Arts and Haiku poetry, 3) assisting teens in using their creative talents to describe feelings and experiences related to diet and nutritional health issues -- using a self-reflective process; and 4) creating a Power Source Prompt (PSP) for youth to draw upon when faced with real-life challenges...



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