



# What's on My Plate?: Choosing from the Five Food Groups (Lightning Bolt Books Healthy Eating)

*Jennifer Boothroyd*

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Eating a balanced diet is important. Healthy foods give you energy to learn and play. Do you know what the five food groups are? Or how much food from each group you need to stay healthy? Read this book to find out!

Using the MyPlate diagram, this helpful book introduces the five food groups, appropriate serving sizes, and how to eat a balanced and nutritious diet. *What's on My Plate?* will motivate kids to eat well and also includes a hands-on activity and a fun facts section.



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Playing with family inside a park, coming to see the ocean world or hanging out with friends is thing that usually you could have done when you have spare time, subsequently why you don't try point that really opposite from that. A single activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love What's on My Plate?: Choosing from the Five Food Groups (Lightning Bolt Books Healthy Eating), you are able to enjoy both. It is fine combination right, you still desire to miss it? What kind of hang type is it? Oh come on its mind hangout men. What? Still don't have it, oh come on its identified as reading friends.

**Shalon Fisk:**

This What's on My Plate?: Choosing from the Five Food Groups (Lightning Bolt Books Healthy Eating) is great publication for you because the content which is full of information for you who have always deal with world and also have to make decision every minute. That book reveal it facts accurately using great arrange word or we can point out no rambling sentences inside. So if you are read the idea hurriedly you can have whole facts in it. Doesn't mean it only gives you straight forward sentences but tricky core information with splendid delivering sentences. Having What's on My Plate?: Choosing from the Five Food Groups (Lightning Bolt Books Healthy Eating) in your hand like keeping the world in your arm, information in it is

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