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MyPlate And You (Health And Your Body)



Synopsis

Do you really need to eat your vegetables? Yes, but, luckily, there are so many different kinds. How do you make sense of it all? Learn the basics of MyPlate to help you make good food and activity choices.

Book Information

Lexile Measure: 700L (What's this?)

Series: Health and Your Body

Paperback: 24 pages

Publisher: Capstone Press (August 1, 2011)

Language: English

ISBN-10: 1429671297

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Product Dimensions: 0.2 x 10.8 x 8.8 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 12 customer reviews

Best Sellers Rank: #162,968 in Books (See Top 100 in Books) #57 in [Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition](#) #235 in [Books > Children's Books > Growing Up & Facts of Life > Health > Diseases](#) #1822 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

Age Range: 4 - 8 years

Grade Level: Preschool - 1

Customer Reviews

Gillia Olson has been involved with children's literature for 15 years and a cat owner for her entire life. Her current cats, Stimpny and LeRoy, frequently get up close and personal, even when she doesn't appreciate it. Gillia lives in Mankato, Minnesota, with her cats, dog, husband, and daughter.

This is a good book to supplement a early childhood nutrition unit. The children enjoyed the simple text and nice pictures.

I liked that this book had simple yet very informative and clear text. The pictures are bright and realistic as well. When teaching about nutrition, this book is a must!(I read this to my pre-K class during a nutrition unit)

I recommend to anyone teaching nutrition class for students in use for preschoolers I just modified the vocabulary

Perfect for preschool/lower elementary students to learn about how Choose My Plate works, and what it looks like. I teach PE and Health -- Health to Preschool, K, and 1st grade -- and will use this with them to introduce nutrition.

I used this book in my classroom. If you are doing a nutrition unit with young kids this is the perfect book to explain the food groups.

This will be used to provide nutrition education to preschool children in our preschool. We also provide education to parents.

Nice overview of myplate. Good for K-1 grade.

Nutrition isn't the most exciting unit for my Pre-K students but this book fit in nicely. It is colorful and kept their attention fairly well.

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MyPlate and You (Health and Your Body) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Nutrition: Concepts and Controversies, MyPlate Update Your Body, Yourself: A Guide to Your Changing Body (Your Body, Your Self Book) Intermittent Fasting: Make Your Body Burn Fat For Fuel Everyday, Optimize Muscle Mass, Hormones And Health. Decrease Insulin Resistance And Body Fat (intermittent ... fasting for weight loss, lean body.) Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted Calisthenics: 30 Minutes to Ripped - Get Your Dream Body Fast With Body Weight Exercises and Calisthenics (Calisthenics, Body Weight Training, Bodyweight Strength) Mirror of the Body: Your Mouth Reflects the Health of Your Whole Body Your Body, Your Style: Simple Tips on Dressing to Flatter Your Body Type Best Natural Scrubs and Herbal Remedies For Your Health and Beauty : (Body Scrubs, Medicinal Herbs, Essential Oils) (Body and Face Scrubs, Herbal Medicine)

Body, Mind, and Sport: The Mind-Body Guide to Lifelong Health, Fitness, and Your Personal Best
The Bath and Body Book: DIY Bath Bombs, Bath Salts, Body Butter and Body Scrubs Body Scrubs:
30 Organic Homemade Body And Face Scrubs, The Best All-Natural Recipes For Soft, Radiant And
Youthful Skin (Organic Body Care Recipes, Homemade Beauty Products, Bath Teas Book 1)
Homemade Organic Skin & Body Care: Easy DIY Recipes and Natural Beauty Tips for Glowing Skin
(Body Butters, Essential Oils, Natural Makeup, Masks, Lotions, Body Scrubs & More - 100% Cruelty
Free) BODY TALK: The Body Language Skills to Decode the Opposite Sex, Detect Lies, and Read
Anyone Like a Book (Body Language Decoded) Men's Health Your Body Is Your Barbell: No Gym.
Just Gravity. Build a Leaner, Stronger, More Muscular You in 28 Days! Best Body Cookbook &
Menu Plan: You're 52 days away from Your Best Body The Everything KIDS' Human Body Book: All
You Need to Know About Your Body Systems - From Head to Toe! Change Your Gambling,
Change Your Life: Strategies for Managing Your Gambling and Improving Your Finances,
Relationships, and Health (Harvard Health Publications)

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