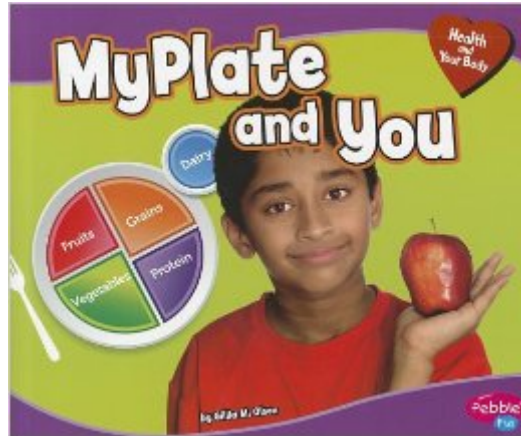


The book was found

# 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

ISBN-13: 978-1429671293

Product Dimensions: 0.2 x 10.8 x 8.8 inches

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

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (10 customer reviews)

Best Sellers Rank: #247,882 in Books (See Top 100 in Books) #78 in [Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition](#) #316 in [Books > Children's Books > Growing Up & Facts of Life > Health > Diseases](#) #2751 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

Age Range: 4 - 8 years

Grade Level: Preschool - 1

## Customer Reviews

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)

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.

A good book for the whole family. The Sears' did a good job of producing a book to explain how to start eating in a healthy way. It has good, simple explanations and a pleasant and fun presentation.

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.

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.

[Download to continue reading...](#)

Dairy on MyPlate (What's on MyPlate?) MyPlate and You (Health and Your Body) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) 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) Jack and the Hungry Giant Eat Right With Myplate Nutrition: Concepts and Controversies, MyPlate Update BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) Detox The Body: How To Detox Your Body For Fast Weight Loss (detox health, juicing, cleanse, diet, plan, foods, eating, naturally, juice, body mind soul, essentials, drinks, guide, book) The 30 Day Total Health Makeover: Everything You Need to Do to Change Your Body, Your Health, and Your Life in 30 Amazing Days Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted The Bath and Body Book: DIY Bath Bombs, Bath Salts, Body Butter and Body Scrubs Body Language: Discover and Understand the Psychological Secrets Behind Reading and Benefitting From Body Language (Read People On Sight - Body Communication - Nonverbal Communication) 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) Organic Body Care Recipes Box Set: Organic Body Scrubs, Organic Lip Balms, Organic Body Butter, And Natural Skin Care Recipes Body Language: Master the Art of Reading Anyone Through Nonverbal Communication (Body Language 101, Body Language Mastery, Read Everyone) Change Your Brain, Change Your Body: Your Ultimate Brain/Body Makeover (6 CD Set) Good Gut: The Next Thing You Should Do If You Want to Heal Your Gut and Improve Your Intestinal Health (good gut guide, gut health, good gut diet) The Body Reveals What your Body Says About You Soap Making Bible: 365 Days of Healthy and Organic Soap Making Recipes for your Body & Top 100 Herbal and Vegetable Do-It-Yourself Soap Making Recipes for your Body Body Thrive: Uplevel Your Body and

Your Life with 10 Habits from Ayurveda and Yoga

[Dmca](#)