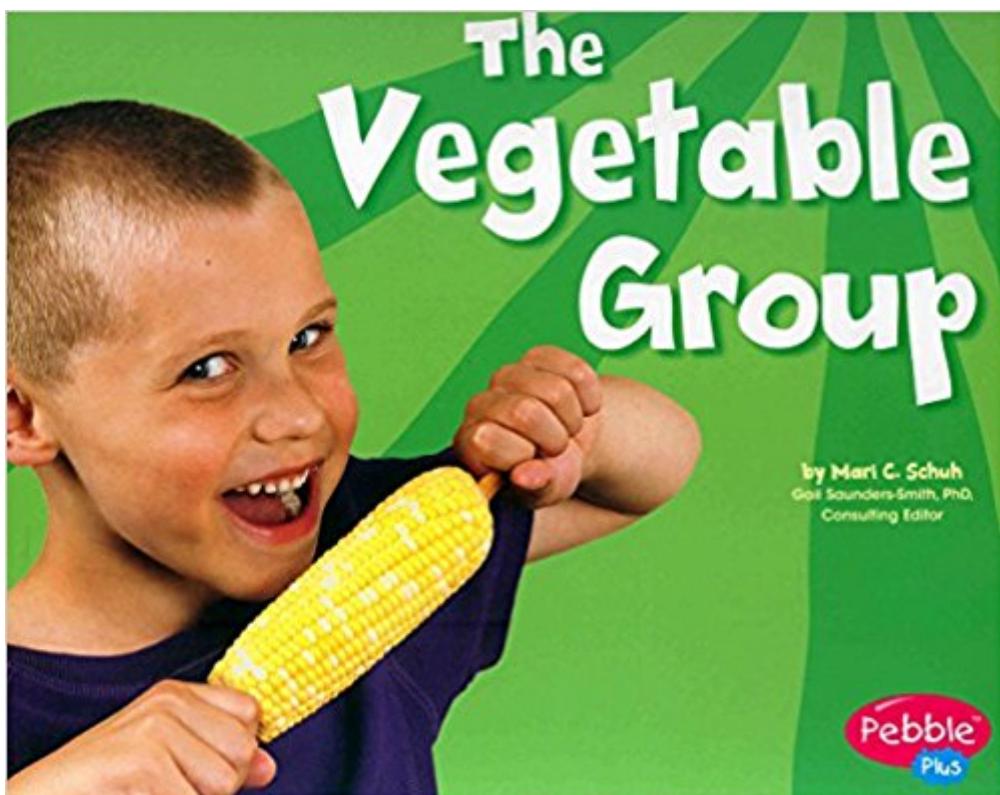


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# The Vegetable Group (Healthy Eating With MyPyramid)



## Synopsis

Text and photographs present the vegetable group, the foods in this group, and examples of healthy eating choices.

## Book Information

Lexile Measure: 380L (What's this?)

Series: Healthy Eating with MyPyramid

Paperback: 24 pages

Publisher: Capstone Press (January 1, 2006)

Language: English

ISBN-10: 073686928X

ISBN-13: 978-0736869287

Product Dimensions: 11 x 9 x 0.1 inches

Shipping Weight: 4 ounces

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #781,646 in Books (See Top 100 in Books) #222 in Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition #946 in Children's Books > Growing Up & Facts of Life > Health > Diseases #6507 in Children's Books > Literature & Fiction > Chapter Books & Readers > Beginner Readers

Age Range: 4 - 8 years

Grade Level: Preschool - 1

## Customer Reviews

Mari Schuh is the author of more than 130 nonfiction books for children, covering topics from tomatoes to tornadoes. She has written numerous articles for daily newspapers and has presented at the West Virginia Book Festival. Mari lives in Wisconsin with her husband, Joe, and their house rabbit, Kindle.

Another in a series of books for kids on building good eating habits. Fantastic photos and written with young children in mind. Great for adults to share.

These are great books for a whole focus on the food pyramid and are easy for children to read and reread.

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The Vegetable Group (Healthy Eating with MyPyramid) The Fruit Group (Healthy Eating with MyPyramid) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) My Veggetti Spiral Vegetable Cookbook: Spiralizer Cutter Recipes to Inspire Your Low Carb, Paleo, Gluten-free and Healthy Eating Lifestyle • For All Vegetable Spaghetti Pasta Makers and Slicers CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin) Binge Eating: Cure Binge Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge Eating Cure Series Book 1) Vegetable Soups: Healthy, Easy and Nutritious Home Made Vegetable Soup Recipes (Simply Delicious Cookbooks Book 1) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) The High Fiber Cookbook: Over 50 Delicious Recipes for Healthy Eating (The Healthy Eating Library) Instant Pot Cookbook: The Ultimate Healthy Delicious Recipes Cookbook (Healthy Eating, Slow Pressure Cooker Recipes Book, Clean Eating, ) Spiralizer Cookbook: It's Time to Spiralize: Includes Low Carb Vegetable Noodle Recipes for Weight Loss and Healthy Eating Renal Diet Cookbook: The Comprehensive Guide For Healthy Kidneys • Simple And Delicious Recipes For Healthy Kidneys (Healthy Eating) My Mueller Spiral-Ultra Vegetable Spiralizer Cookbook: 101 Recipes to Turn Zucchini into Pasta, Cauliflower into Rice, Potatoes into Lasagna, Beets into ... Slicer! (Vegetable Spiralizer Cookbooks) My Mueller Spiral-Ultra Vegetable Spiralizer Cookbook: 101 Recipes to Turn Zucchini into Pasta, Cauliflower into Rice, Potatoes into Lasagna, Beets ... (Vegetable Spiralizer Cookbooks) (Volume 4) My Paderno Vegetable Spiralizer Recipe Book: Delectable and Surprisingly Easy Paleo, Gluten-Free and Weight Loss Recipes! (Spiral Vegetable Series) (Volume 2) The Timber Press Guide to Vegetable Gardening in the Pacific Northwest (Regional Vegetable Gardening Series) Raised Bed Vegetable Gardening With Hugelkultur; An Introduction To Growing Vegetables In Timber And Soil Heaps (Vegetable Gardening Shorts Book 1) Guide to Kentucky Vegetable Gardening (Vegetable Gardening Guides)

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