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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

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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: 4.1 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.

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