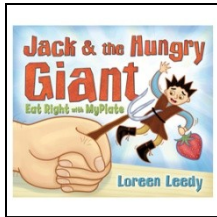
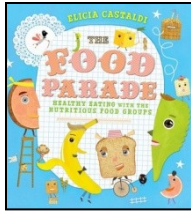




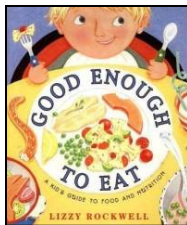
Suggested Book List



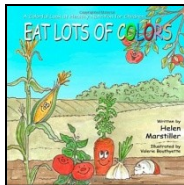
Jack and the Hungry Giant: Eat Right with MyPlate by Loreen Leedy. Holiday House, 2013



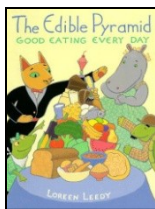
Food Parade: Healthy Eating with the Nutritious Food Groups by Elicia Castaldi. Henry Holt and Co., 2013



Good Enough to Eat: A Kid's Guide to Food and Nutrition by Lizzy Rockwell. HarperCollins, 2009



Eat Lots of Colors! By Helen Marstiller & Valerie Bouthyette. CreateSpace Independent Publishing Platform, 2010



The Edible Pyramid: Good Eating Every Day. By Loreen Leedy. Reading Rainbow Books, 2007

Questions to Ask Before/During/After Reading with Your Child

- How do we eat healthy every day?
- Which food group do you eat the most/least?
- Which food group do you need the most on your MyPlate?
- How often do you eat each food group?
- Can you match food groups with their colors?