



Healthy Plates: Eating Healthy

Valerie Boddin

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An early reader's introduction to the connections between healthy eating and being healthy, benefits of food groups such as vegetables, nutritional concepts such as energy, and recipe instructions. Based on the most recent guidelines for healthy portions and exercise, this new series for ages six and up familiarizes readers with key nutritional concepts and the ways in which Healthy Plates can keep them active and strong. The friendly text and colorful photos emphasize good eating habits and staying active, while each title concludes with an easy-to-follow recipe for a healthy snack.

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