



# **Choose Good Food!: My Eating Tips (Cloverleaf Books - My Healthy Habits)**

*Gina Bellisario*

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Lucas is a picky eater. But he's excited to go to the supermarket. Today, he gets to choose food for lunch. Lucas's dad helps him learn about the five food groups. Lucas finds out what foods are healthful. And he prepares a tasty snack!

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