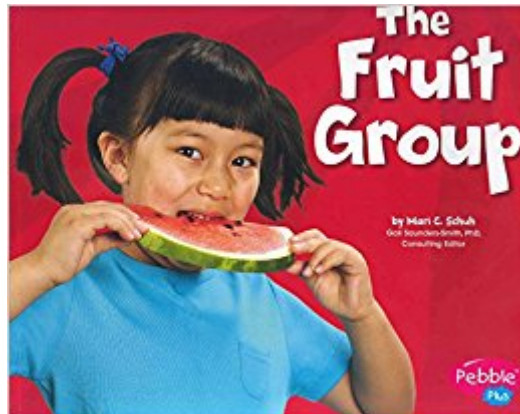




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The Fruit Group (Healthy Eating With MyPyramid)



Synopsis

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

Book Information

Lexile Measure: 400L (What's this?)

Series: Healthy Eating with MyPyramid

Paperback: 24 pages

Publisher: Capstone Press (January 1, 2006)

Language: English

ISBN-10: 0736869220

ISBN-13: 978-0736869225

Product Dimensions: 9 x 10.9 x 0.1 inches

Shipping Weight: 4.8 ounces

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

Best Sellers Rank: #787,392 in Books (See Top 100 in Books) #224 in [Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition](#) #497 in [Books > Children's Books > Children's Cookbooks](#) #952 in [Books > Children's Books > Growing Up & Facts of Life > Health > Diseases](#)

Age Range: 4 - 8 years

Grade Level: Preschool - 1

Customer Reviews

Kindergarten-Grade 2-Small, very simple series titles. Each book (except Drinking Water) begins with a colorful drawing of and comments on the food-guide pyramid. A full-color, full-page photograph on the left side reinforces the one-to-two line text on the right. The texts employ repetitive vocabulary appropriate for beginning readers. In Fruit Group, for example, fruit is defined and examples are given: "Apples are in the fruit group." Turn the page: "Bananas are in the fruit group," etc. Children depicted in the photographs represent a range of ethnic backgrounds. The nutrition information in these books is rudimentary, but it can give early readers an understanding of the importance of eating properly. Carolyn Jenks, First Parish Unitarian Church, Portland, ME
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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.

You can talk until you are blue in the face, but this book really brings home the point about fruit in your child's daily routine.

Great read. I'm so inspired. I'm looking forward to the sequel "The vegetable group". The pictures are great.

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The Fruit Group (Healthy Eating with MyPyramid) The Vegetable 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 Weight 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) 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) 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,) Renal Diet Cookbook: The Comprehensive Guide For Healthy Kidneys - Simple And Delicious Recipes For Healthy Kidneys (Healthy Eating) Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and Other Eating Disorders (Teen Health Series) Fruit Infused Water - 80 Vitamin Water Recipes for Weight Loss, Health and Detox Cleanse (Vitamin Water, Fruit Infused Water, Natural Herbal Remedies, Detox Diet, Liver Cleanse) Grow a Little Fruit Tree: Simple Pruning Techniques for Small-Space, Easy-Harvest Fruit Trees Fruit Pies, Cobblers & Crisps:

Southern Collection of Favorite Fruit Desserts! (Southern Cooking Recipes Book 15) Fruit Infused Water: 98 Delicious Recipes for Your Fruit Infuser Water Pitcher Grow Fruit Naturally: A Hands-On Guide to Luscious, Homegrown Fruit Southwest Fruit & Vegetable Gardening: Plant, Grow, and Harvest the Best Edibles - Arizona, Nevada & New Mexico (Fruit & Vegetable Gardening Guides) Carolinas Fruit & Vegetable Gardening: How to Plant, Grow, and Harvest the Best Edibles (Fruit & Vegetable Gardening Guides) Texas Fruit & Vegetable Gardening: Plant, Grow, and Eat the Best Edibles for Texas Gardens (Fruit & Vegetable Gardening Guides)

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