



The Food Parade: Healthy Eating with the Nutritious Food Groups

Elicia Castaldi

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The Food Parade: Healthy Eating with the Nutritious Food Groups Elicia Castaldi

It's time to celebrate with the five basic food groups. The mayor of Food Town introduces each food group as they march in the town parade, from the vegetables, fruits, and legumes, to the grains and fats. Kids learn about the importance of all the food groups and how our bodies benefit from each. There is also helpful information on portion size and exercise along with both illustrations of the Food Pyramid and the newly introduced food plate.

A Christy Ottaviano Book

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Playing with family in a very park, coming to see the coastal world or hanging out with buddies is thing that usually you could have done when you have spare time, subsequently why you don't try point that really opposite from that. 1 activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love *The Food Parade: Healthy Eating with the Nutritious Food Groups*, you may enjoy both. It is excellent combination right, you still want to miss it? What kind of hangout type is it? Oh occur its mind hangout people. What? Still don't understand it, oh come on its called reading friends.

Brian Scheele:

This *The Food Parade: Healthy Eating with the Nutritious Food Groups* is brand-new way for you who has interest to look for some information as it relief your hunger of information. Getting deeper you into it getting knowledge more you know or you who still having little bit of digest in reading this *The Food Parade: Healthy Eating with the Nutritious Food Groups* can be the light food for yourself because the information inside this specific book is easy to get by means of anyone. These books produce itself in the form and that is reachable by anyone, that's why I mean in the e-book form. People who think that in

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