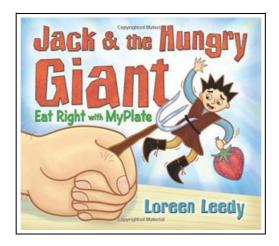
# Jack the Hungry Giant Eat Right with MyPlate (Hardback)



Filesize: 1.32 MB

## Reviews

Just no phrases to describe. It typically does not price an excessive amount of. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Felton Hessel)

## JACK THE HUNGRY GIANT EAT RIGHT WITH MYPLATE (HARDBACK)



Holiday House, United States, 2013. Hardback. Condition: New. Language: English. Brand New Book. Lucky for Jack, the giant he meets at the top of the beanstalk chasing him with a huge fork does not plan to eat him. He is more interested in nutrition that in devouring him. Using the USDA s MyPlate nutrition model, the giant makes Jack a scrumptious meal. As he cooks, he teaches Jack about the food groups-grains, proteins, fruits, vegetables, and dairy-and how much of each should be on Jack s plate. Jack also learns that he should get plenty of exercise, which he does as he climbs back down the beanstalk.



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