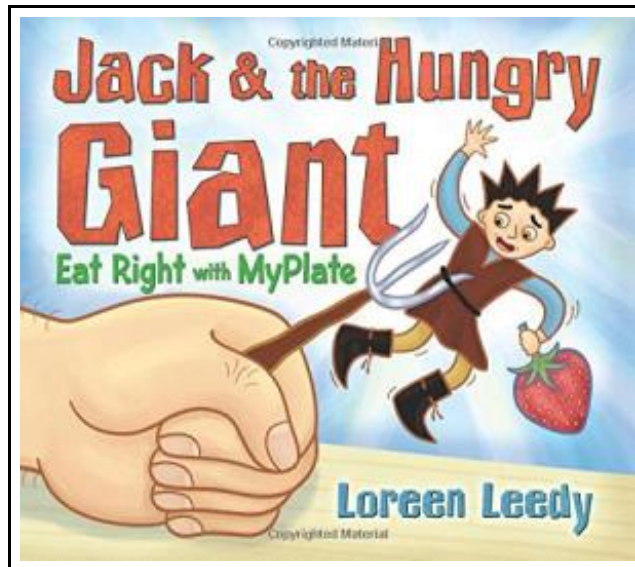


## Jack the Hungry Giant Eat Right with MyPlate (Hardback)



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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 than 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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