



# Healthy Plates Vegetables

*Valerie Boddin*

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*Valerie Bodden*

## **Healthy Plates Vegetables** Valerie Bodden

An early readers introduction to the connections between the vegetables food group and staying healthy, benefits of vegetables such as carrots, nutritional concepts such as potassium, and recipe instructions. Based on the most recent guidelines for healthy portions and exercise, this new series for ages six and up familiarizes readers with key nutritional concepts and the ways in which Healthy Plates can keep them active and strong. The friendly text and colorful photos emphasize good eating habits and staying active, while each title concludes with an easy-to-follow recipe for a healthy snack.

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