



Happy Healthy Me . . .

Moving, Munching & Reading

Around MyPlate

for 4- to 6-Year-Olds

MyPlate

Featured Book: *Beastly Feast*

University of California
Agriculture and Natural Resources



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Vegetable Group

Featured Book: *Growing Vegetable Soup*

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Fruit Group

Featured Book: *Lunch*

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Grain Group

Featured Book: *Bread, Bread, Bread*

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Protein Group

Featured Book: *Two Eggs, Please*

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Dairy Group

Featured Book: *Kiss the Cow*

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Snacks

Featured Book: *The Very Hungry Caterpillar*

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Kids on the Move!

Featured Book: *From Head to Toe*

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Wash Your Hands

Featured Book: *Wash Your Hands*

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