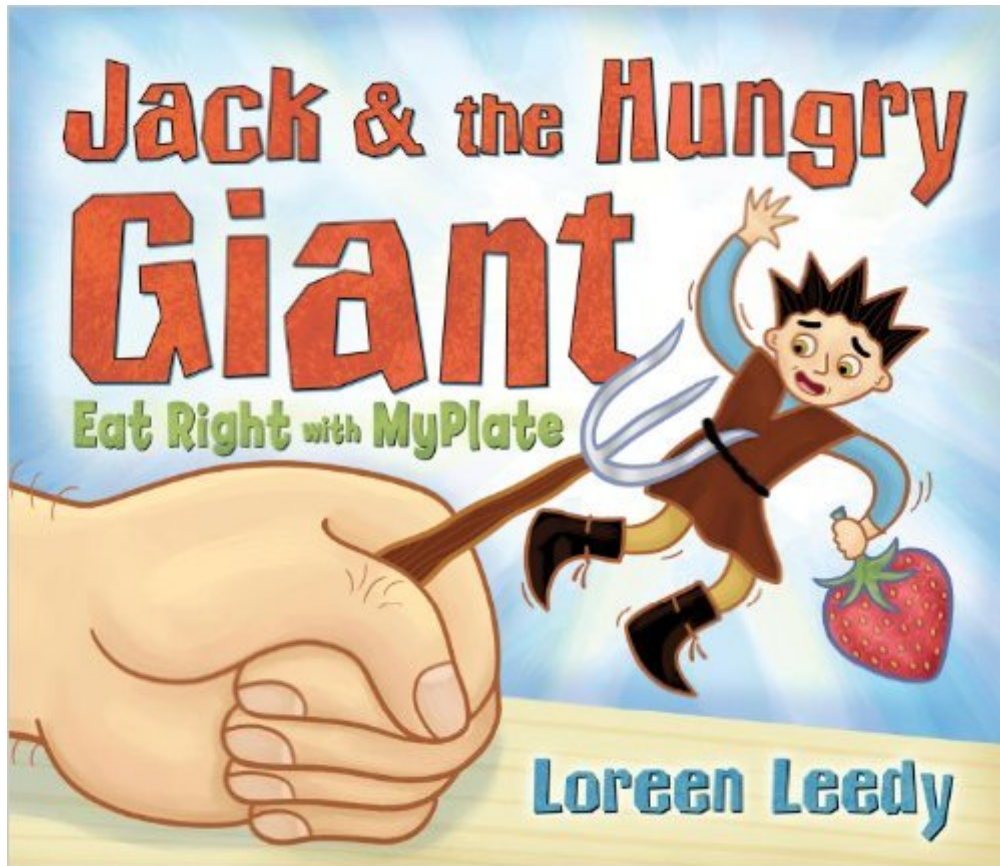


The book was found

Jack And The Hungry Giant Eat Right With Myplate



Synopsis

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.

Book Information

Lexile Measure: AD330L (What's this?)

Paperback: 32 pages

Publisher: Holiday House (January 30, 2015)

Language: English

ISBN-10: 0823433080

ISBN-13: 978-0823433087

Product Dimensions: 9.3 x 0.3 x 10.6 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (10 customer reviews)

Best Sellers Rank: #117,686 in Books (See Top 100 in Books) #48 inÂ Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition #107 inÂ Books > Children's Books > Children's Cookbooks #163 inÂ Books > Children's Books > Growing Up & Facts of Life > Health > Diseases

Age Range: 4 - 8 years

Grade Level: Preschool - 3

Customer Reviews

I found this book via Teachers Pay Teachers website and I'm so glad I did. I originally planned to use it w/just my 2nd grade Health classes, but ended up using it for first grade and kindergarten, too, because it does such a great job of teaching the basics of MyPlate. I thought it was a bit "cheesy" and was worried how my students would respond, but they loved it! Surprisingly, this book took an entire 30 minute lesson, between reading the book and the ensuing discussion about each page. There are lesson plans/activities available to go along with this book at Teachers Pay Teachers.

A twist on a familiar tale. The tale starts out like the traditional fairy tale but soon we are surprised to learn that the giant doesn't want to eat Jack but instead together create a healthy meal. This book is perfect for K-2 classrooms when teaching healthy eating, but don't stop there. It can also be used: at a health fair. by a gym teacher when teaching anytime vs. some time foods. to compare/contrast two texts (multiple versions of the fairy tale). to expand students' fluency through ellipses and word size. in writing to model how authors play with word size and location on the page. to set up a class debate on it corn is a vegetable (as stated in the book) or a grain. Loreen Leedy also includes additional activity pages on her website as well as a view of sample pages. There is also supplementary information on the USDA MyPlate program that compliments this book. 5 stars!

In this new spin on the classic tale "Jack and the Beanstalk," Loreen Leedy tells the story of what Jack finds at the top of that mysterious beanstalk: a very hungry giant! At first, Jack is afraid he's destined to become Waldorf the giant's next meal, but instead the giant teaches him about healthy eating. They discuss vegetables, fruits, grains, different sources of protein. Jack learns about the idea of filling his plate with half fruits and veggies, half grains and protein, and then topping it off with a serving of dairy. This colorfully-illustrated book introduces youngsters to the government's current guide to healthy eating: MyPlate. It helps kids to differentiate between different fruits and vegetables, and to understand all of the many foods that are technically a form of grain. It also gives them a well-rounded idea of what a protein food is; these days, there are options beyond just meat! Some may think this book little more than thinly-veiled government propaganda, and they're probably right; still, this is a cute and clever introduction to healthy eating that many families will likely enjoy. This review originally written for Sacramento/San Francisco Book Review.

I used this for a health unit that I did with my 3rd through 5th grade autism program. It worked great and the students used it for reference throughout the unit!

Our Junior Master Gardener kids loved it. We used it for a lesson on nutrition.

[Download to continue reading...](#)

Hacking: Tapping into the Matrix Tips, Secrets, steps, hints, and hidden traps to hacking: Hacker, Computer, Programming, Security & Encryption Jack and the Hungry Giant Eat Right With Myplate Information Architecture: For the Web and Beyond Keep Your Love On: Connection Communication And Boundaries The Smarter Screen: Surprising Ways to Influence and Improve Online Behavior

The New Rules for Love, Sex, and Dating A Lifelong Love: How to Have Lasting Intimacy, Friendship, and Purpose in Your Marriage Beautiful Data: A History of Vision and Reason since 1945 (Experimental Futures) Garden City: Work, Rest, and the Art of Being Human. Fear and Faith: Finding the Peace Your Heart Craves To Heaven and Back: The Journey of a Roman Catholic Priest A Doctor's Tools (Community Helpers and Their Tools) Why Suffering?: Finding Meaning and Comfort When Life Doesn't Make Sense Rainbow Warriors and the Golden Bow: Yoga Adventure for Children (Rainbow Warriors Yoga Series) Touching Heaven: A Cardiologist's Encounters with Death and Living Proof of an Afterlife Machines of Loving Grace: The Quest for Common Ground Between Humans and Robots Husband After God: Drawing Closer To God And Your Wife Sex is a Funny Word: A Book about Bodies, Feelings, and YOU Learn Command Line and Batch Script Fast, Vol II: A course from the basics of Windows to the edge of networking How to Start a Business Analyst Career: The handbook to apply business analysis techniques, select requirements training, and explore job roles ... career (Business Analyst Career Guide)

[Dmca](#)