

Your Healthy Plate: Protein (21st Century Basic Skills Library: Your Healthy Plate)

Katie Marsico



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Your Healthy Plate: Protein (21st Century Basic Skills Library: Your Healthy Plate) Katie Marsico This new book from Cherry Lake Publishing, highlights protein, one of the food groups contained in the new dietary guidelines for Americans launched in January 2011 by the FDA. This leveled reader helps the young child understand the importance of protein as a part of a balanced diet.

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