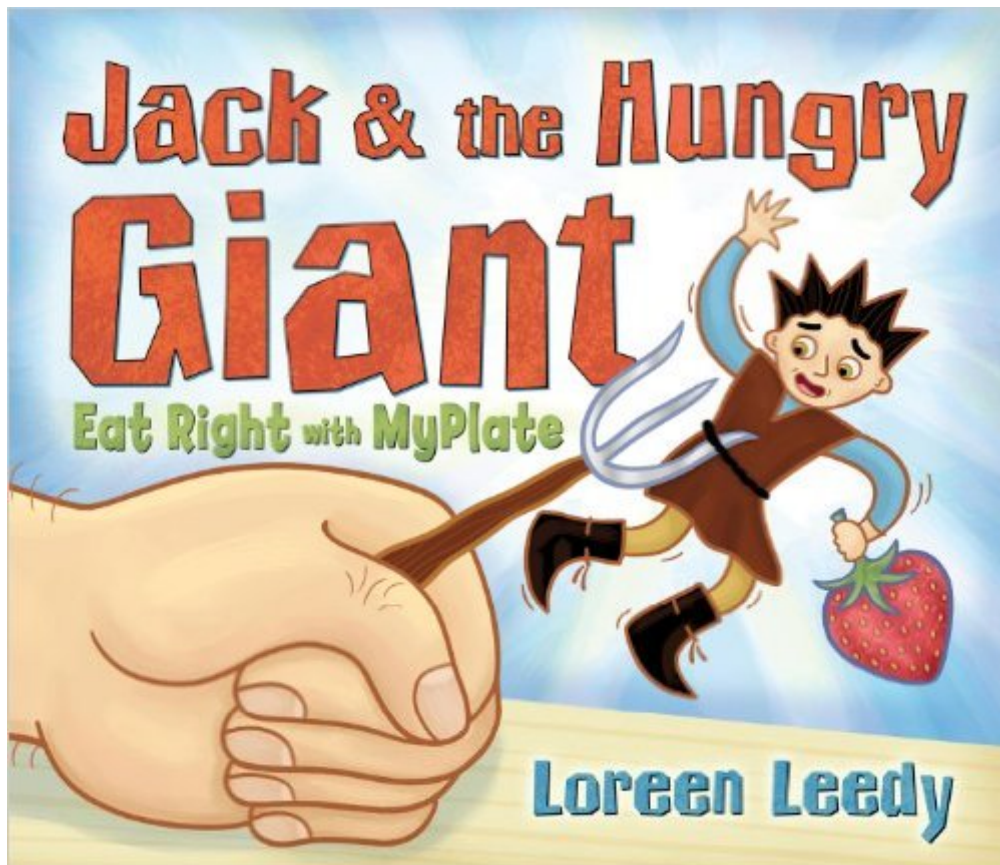


The book was found

# 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 stars [See all reviews](#) (10 customer reviews)

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

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Jack and the Hungry Giant Eat Right With Myplate Dairy on MyPlate (What's on MyPlate?)

Detective Jack Stratton Mystery Thriller Series: JACK AND THE GIANT KILLER Jack and Joe: Hunt For Jack Reacher Series (The Hunt for Jack Reacher Series Book 6) Detective Jack Stratton Mystery Thriller Series: JACK KNIFED (Detective Jack Stratton Mystery-Thriller Series Book 2)

Deep Cover Jack: Hunt For Jack Reacher Series (The Hunt For Jack Reacher Series Book 7) Food Allergies:: Hungry Girl has the Recipes : Book 3 (Hungry Girl Cookbooks) Blood Type Diet: Eat Right for Your Blood Type: The simple way to eat for weight loss and live a healthy life MyPlate and You (Health and Your Body) Eat Right For Your Blood Type: A Guide to Healthy Blood Type Diet, Understand What to Eat According to Your Blood Type Nutrition: Concepts and Controversies, MyPlate Update Eat Right for Your Type Live Right for Your Type (4 blood types, 4 diets 4 blood types, 4 programs) Cook Right 4 Your Type: The Practical Kitchen Companion to Eat Right 4 Your Type TOM CLANCY COMPLETE SERIES READING ORDER: Jack Ryan, John Clark, Jack Ryan Jr./Campus, Op-Center, Ghost Recon, EndWar, Splinter Cell, Net Force, Power Plays, and more! GIRL JACKED: Detective Jack Stratton Mystery Series (Detective Jack Stratton Mystery Thriller Series Book 1) Quick Be Jack: A Jack Nolan Novel (The Cap's Place Series Book 3) LEE CHILD: SERIES READING ORDER: MY READING CHECKLIST: JACK REACHER SERIES, JACK REACHER SHORT STORIES, HAROLD MIDDLETON SERIES, SHORT STORY COLLECTIONS BY LEE CHILD, LEE CHILD ANTHOLOGIES With A Twist - A Lt. Jack Daniels Locked Room Mystery Short Story (Jacqueline "Jack" Daniels Mysteries) Debt Collector - Vengeance (Book 2 of a Jack Winchester Organized Crime Action Thriller) (Jack Winchester Vigilante Justice Thriller Series) Debt Collector - Reborn (Book 3 of a Jack Winchester Action Thriller) (Jack Winchester Vigilante Justice Thriller Series)

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