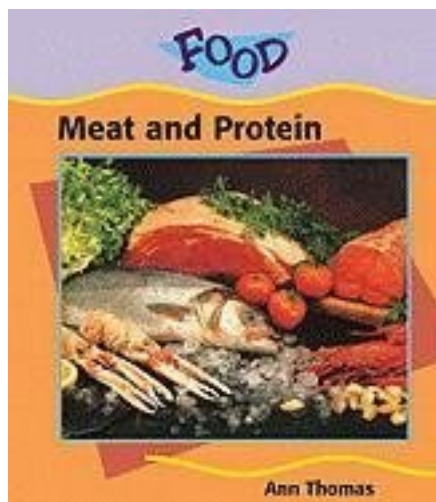


Meat and Protein



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This colorful series introduces young readers to the various food groups represented in the food guide pyramid. Readers will explore how your body uses these foods, how much we need to eat, where the foods come from, and how they are prepared. Meat and other sources of protein--such as eggs, dried beans, and nuts--supply energy for the body. Learn how a variety of animals are raised for their meat or eggs and how meats are prepared, purchased, and eaten.

作者介绍:

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