

# Fruits



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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. Eating two to four helpings of fruit every day gives the body energy and important nutrients. Learn about the parts of a fruit and how people grow, store, prepare, and eat fruits.

作者介绍:

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