



# The Food Parade: Healthy Eating with the Nutritious Food Groups

*Elicia Castaldi*

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**The Food Parade: Healthy Eating with the Nutritious Food Groups** Elicia Castaldi

It's time to celebrate with the five basic food groups. The mayor of Food Town introduces each food group as they march in the town parade, from the vegetables, fruits, and legumes, to the grains and fats. Kids learn about the importance of all the food groups and how our bodies benefit from each. There is also helpful information on portion size and exercise along with both illustrations of the Food Pyramid and the newly introduced food plate.

**A Christy Ottaviano Book**

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