



# Vegetables/Vegetales (Find Out About Food/ Conoce La Comida)

*Tea Benduhn*

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## Vegetables/Vegetales (Find Out About Food/ Conoce La Comida) Tea Benduhn

In this bilingual series, ELLs learn that eating many different types of foods every day helps them to be healthy and strong. Featuring the government's new, updated food pyramid, each book explains how one of the six different types of foods fits into the pyramid and describes the ways that certain foods contribute to health and fitness.

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