



2019

### What's On My Plate?: Choosing from the Five Food Groups

Laura Dekle

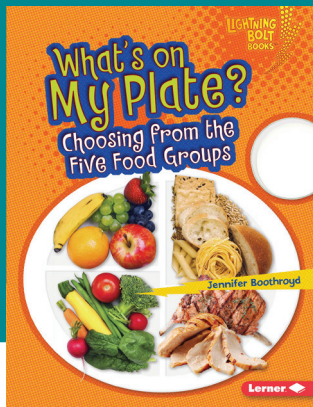
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## Book Review

# What's On My Plate?: Choosing from the Five Food Groups

### Author

Jennifer Boothroyd

### Reviewer

Laura Dekle

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### Rating

Excellent

### Level

Primary, Intermediate

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### Pages

32

### Year

2016

### ISBN

9781467794701

### Publisher

Lerner Publishing Group,  
Inc.

What's On My Plate seeks to educate younger elementary-aged children about healthy eating habits and help them understand nutrition. The book engages readers through a systematic explanation of each food group. It starts out with healthier and recommended foods and goes on to include more fatty or sugary foods, which it refers to as "sometimes foods." Throughout the text, thinking questions are included for readers to consider how a food group may impact their diet.

This book is colorful and aesthetically pleasing. It is targeted to an appropriate audience, since readers in the primary grades have developed the independence to start making some of their own food choices. The pace and understandable content is perfect for the intended readers. The author does a fine job of explaining why certain foods are or are not recommended and gives multiple examples of what and how much could be eaten in a given day. Although this book may not change the tastes of picky eaters, the use of science could help them understand why fruits and vegetables are good for you. This book is a great way to help readers take ownership of their nutrition, and it gives them concrete methods to do so by suggesting they keep food logs and do further research. The inclusion of important nonfiction text features such as a table of contents, labels, captions, glossary, further reading, and index also provide great ways for readers to navigate the text.