



United States Department of Agriculture

Food and Nutrition Service

A MyPlate Meal

MyPlate
Kate

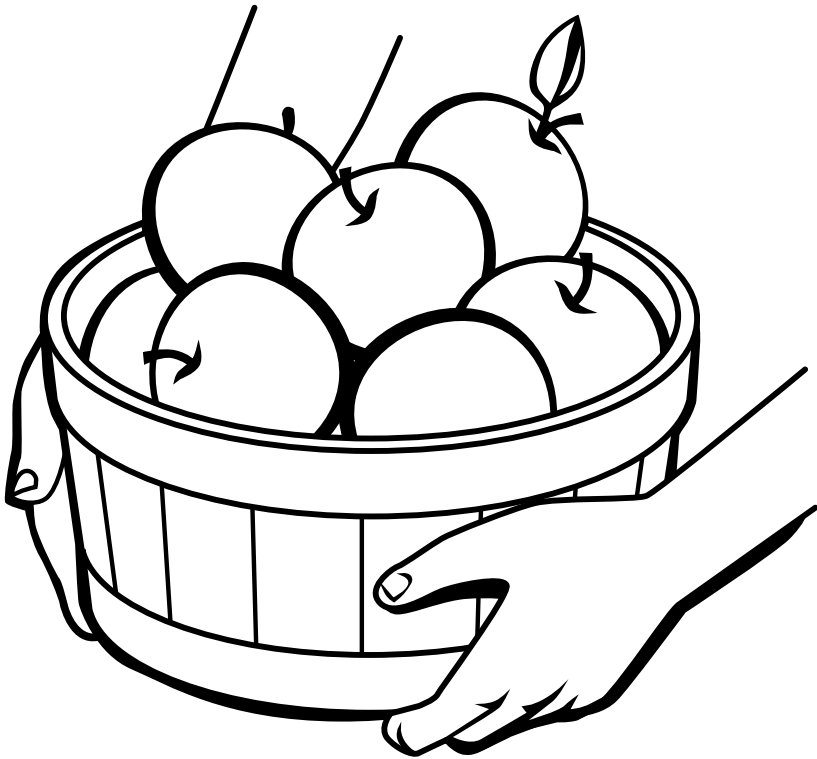


MyPlate
Nate

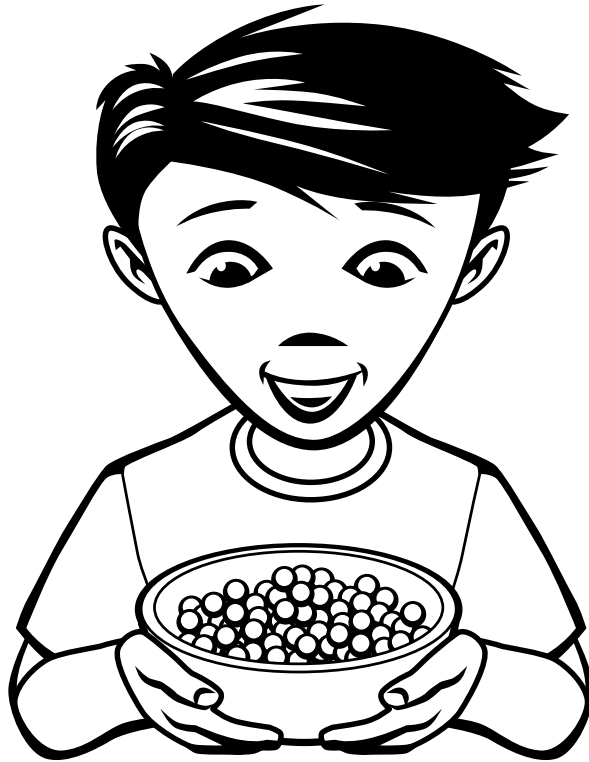
Sight words: I, she, he, we, has, have



This book belongs to:



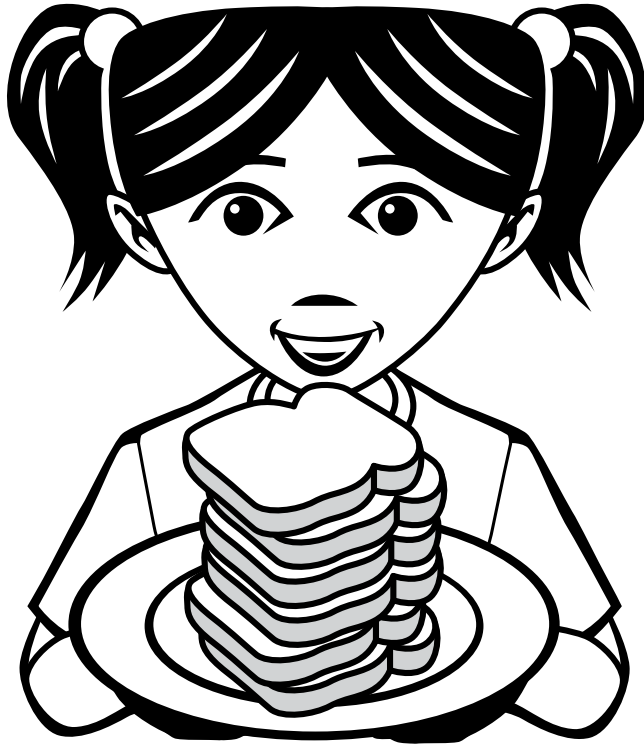
I have apples.



Nate has peas.



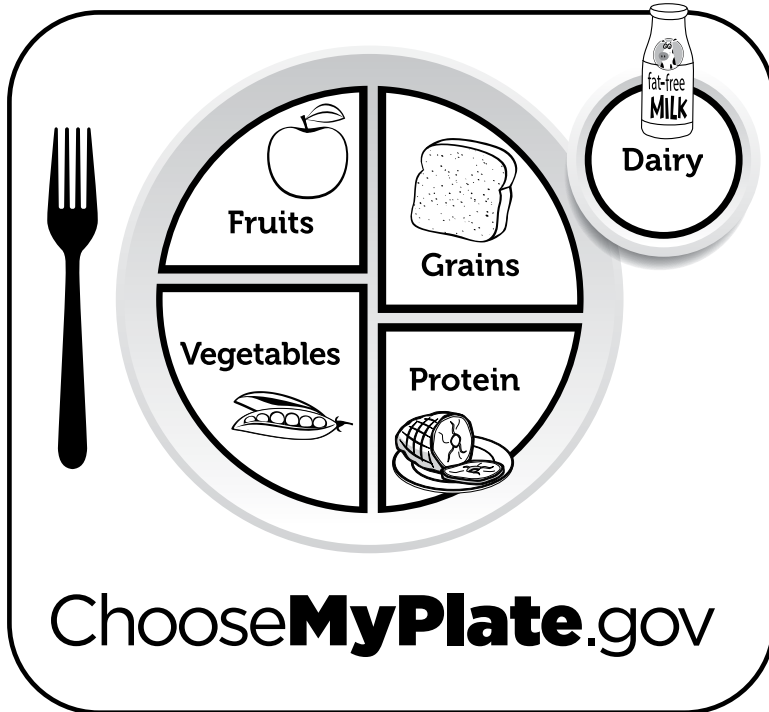
He has ham.



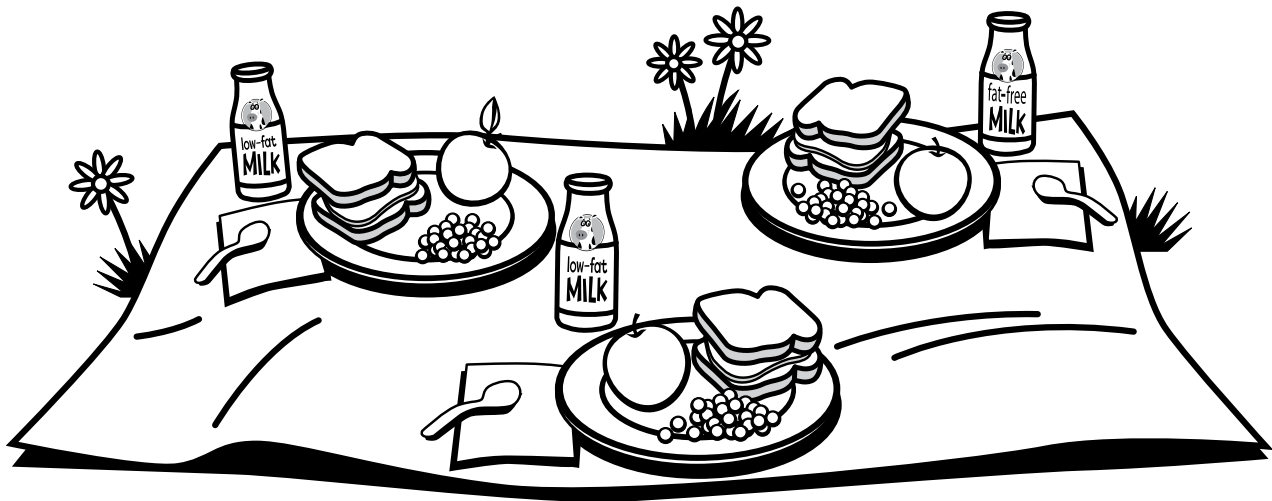
Kate has bread.



She has milk.



We have five food groups.



We have lunch.



We have fun.



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<https://teamnutrition.usda.gov>.



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