



# The Edible Pyramid: Good Eating Everyday

By Loreen Leedy

Download now

Read Online ➔

## The Edible Pyramid: Good Eating Everyday By Loreen Leedy

The head waiter? a French cat in tails? the Edible Pyramid restaurant, explains the dishes to his customers, a menagerie of other animals in equally formal attire. Each segment of the pyramid is presented in a two-page spread, defining the food group mentioned and illustrating it with many mouth-watering examples. The recommended number of daily servings is also explained, and after going through the entire menu, the maitre'd helps his diners select a balanced meal. Paintings of the animals and food are done in muted colours. A small pyramid appears in the corner of each illustration, with the block being examined highlighted.

↓ [Download The Edible Pyramid: Good Eating Everyday ...pdf](#)

📄 [Read Online The Edible Pyramid: Good Eating Everyday ...pdf](#)

# The Edible Pyramid: Good Eating Everyday

*By Loreen Leedy*

## **The Edible Pyramid: Good Eating Everyday** By Loreen Leedy

The head waiter? a French cat in tails? the Edible Pyramid restaurant, explains the dishes to his customers, a menagerie of other animals in equally formal attire. Each segment of the pyramid is presented in a two-page spread, defining the food group mentioned and illustrating it with many mouth-watering examples. The recommended number of daily servings is also explained, and after going through the entire menu, the maitre'd helps his diners select a balanced meal. Paintings of the animals and food are done in muted colours. A small pyramid appears in the corner of each illustration, with the block being examined highlighted.

## **The Edible Pyramid: Good Eating Everyday** By Loreen Leedy Bibliography

- Rank: #626348 in Books
- Brand: Leedy, Loreen/ Leedy, Loreen (ILT)
- Published on: 2007-04-15
- Original language: English
- Number of items: 1
- Dimensions: 11.38" h x .38" w x 8.75" l, .86 pounds
- Binding: Hardcover
- 32 pages

 [Download The Edible Pyramid: Good Eating Everyday ...pdf](#)

 [Read Online The Edible Pyramid: Good Eating Everyday ...pdf](#)

## **Editorial Review**

From School Library Journal

PreSchool-Grade 3—Leedy has updated her 1994 book to reflect recommendations offered by the USDA in its 2005 MyPyramid food guide. In the story, a group of elegantly dressed animals arrive for the grand opening of a new restaurant. A tuxedo-clad cat serves as host and introduces the menu as it relates to the vertical stripes on the pyramid. The following spreads offer examples of the food groups represented. Most illustrations closely resemble the originals, with the new pyramid replacing the old in the upper left corner. Slight alterations, such as an emphasis on whole grains, occur in places. The biggest change involves reducing the space devoted to bread and pasta in order to add two pages that encourage kids to exercise at least an hour a day. The muted colors and flat perspective present information competently. Guessing the identity of the creature sneaking food off many pages may intrigue some viewers. Heightened awareness of the need for healthier diets and increased exercise to combat childhood obesity makes this revision particularly timely. Collections with the earlier version definitely will want to substitute this update. A solid purchase for libraries that need the latest guidelines about nutrition and exercise.—*Kathy Piehl, Minnesota State University, Mankato*

Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

From [Booklist](#)

First published 13 years ago, Leedy's popular picture-book guide to healthy, delicious eating has been revised with 60 percent more material to include the Department of Agriculture's redesigned food pyramid. Using the original playful format, featuring the smart cat waiter at the Edible Pyramid restaurant that recommends the menu to stylishly dressed animal customers, the bright, clear pictures show breads and grains, pasta in amazing shapes, vegetables and fruits in delicious colors, an abundance of beans, and more. Illustrating the warning about not eating too many sweets and fats is a cute, huge hippo that tries not to take chocolate fudge. The final double-page spread shows the animals having fun exercising. With the topics of diet and exercise now as hot as ever, this is sure to be in demand for classroom discussion. *Hazel Rochman*  
Copyright © American Library Association. All rights reserved

Review

...Leedy's popular picture-book guide to healthy, delicious eating has been revised....With the topics of diet and exercise now as hot as ever, this is sure to be in demand for classroom discussion. --Booklist

## **Users Review**

**From reader reviews:**

**Merideth Davis:**

In this 21st millennium, people become competitive in every single way. By being competitive today, people have to do something to make themselves survive, being in the middle of the crowded place and notice through surrounding. One thing that sometimes many people have underestimated this for a while is reading. Yeah, by reading a guide your ability to survive improves then having chance to remain than other is high. To suit your needs who want to start reading any book, we give you this particular *The Edible Pyramid: Good Eating Everyday* book as beginner and daily reading guide. Why, because this book is usually more than just a book.

**Roberta Bourland:**

This The Edible Pyramid: Good Eating Everyday are usually reliable for you who want to certainly be a successful person, why. The explanation of this The Edible Pyramid: Good Eating Everyday can be one of the great books you must have is definitely giving you more than just simple studying food but feed a person with information that perhaps will shock your preceding knowledge. This book is handy, you can bring it all over the place and whenever your conditions throughout the e-book and printed ones. Beside that this The Edible Pyramid: Good Eating Everyday forcing you to have an enormous of experience for example rich vocabulary, giving you trial run of critical thinking that could it useful in your day pastime. So , let's have it and luxuriate in reading.

**Rickie Miller:**

Reading a book being new life style in this calendar year; every people loves to study a book. When you learn a book you can get a lot of benefit. When you read publications, you can improve your knowledge, mainly because book has a lot of information on it. The information that you will get depend on what types of book that you have read. If you need to get information about your examine, you can read education books, but if you act like you want to entertain yourself you are able to a fiction books, these us novel, comics, as well as soon. The The Edible Pyramid: Good Eating Everyday will give you new experience in looking at a book.

**John Street:**

You are able to spend your free time to read this book this reserve. This The Edible Pyramid: Good Eating Everyday is simple to create you can read it in the recreation area, in the beach, train in addition to soon. If you did not get much space to bring the actual printed book, you can buy the actual e-book. It is make you simpler to read it. You can save often the book in your smart phone. Thus there are a lot of benefits that you will get when one buys this book.

**Download and Read Online The Edible Pyramid: Good Eating  
Everyday By Loreen Leedy #XOV8E65UF2T**

## **Read The Edible Pyramid: Good Eating Everyday By Loreen Leedy for online ebook**

The Edible Pyramid: Good Eating Everyday By Loreen Leedy Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Edible Pyramid: Good Eating Everyday By Loreen Leedy books to read online.

### **Online The Edible Pyramid: Good Eating Everyday By Loreen Leedy ebook PDF download**

**The Edible Pyramid: Good Eating Everyday By Loreen Leedy Doc**

**The Edible Pyramid: Good Eating Everyday By Loreen Leedy Mobipocket**

**The Edible Pyramid: Good Eating Everyday By Loreen Leedy EPub**

**XOV8E65UF2T: The Edible Pyramid: Good Eating Everyday By Loreen Leedy**