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USDA
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Food and Nutrition Service

A MyPlate Meal

MyPlate
Kate



MyPlate
Nate

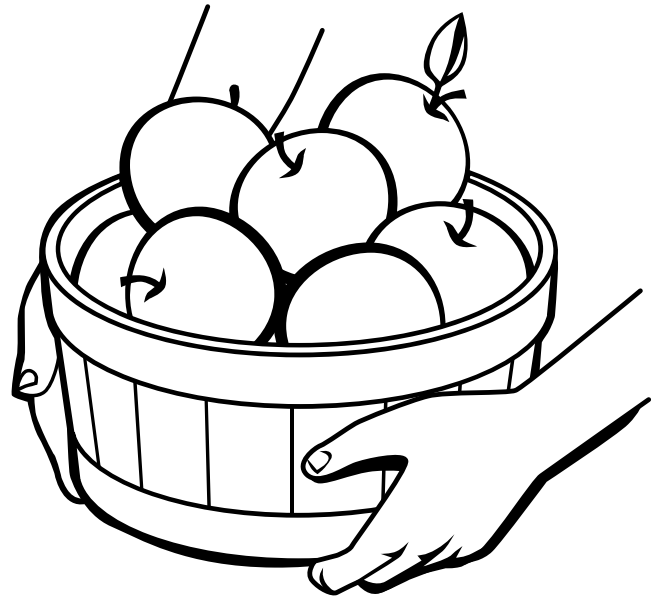
Sight words: I, she, he, we, has, have



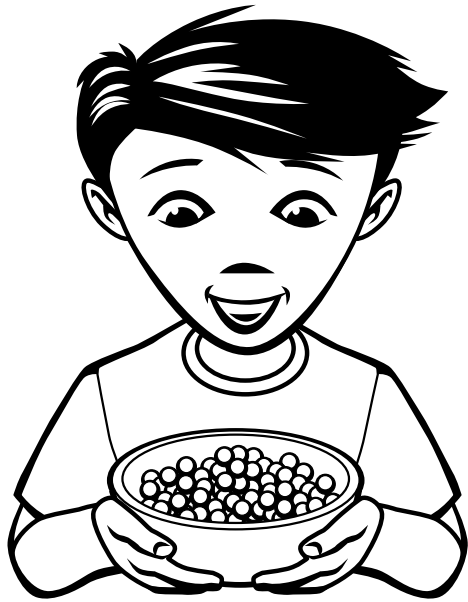
This book belongs to:



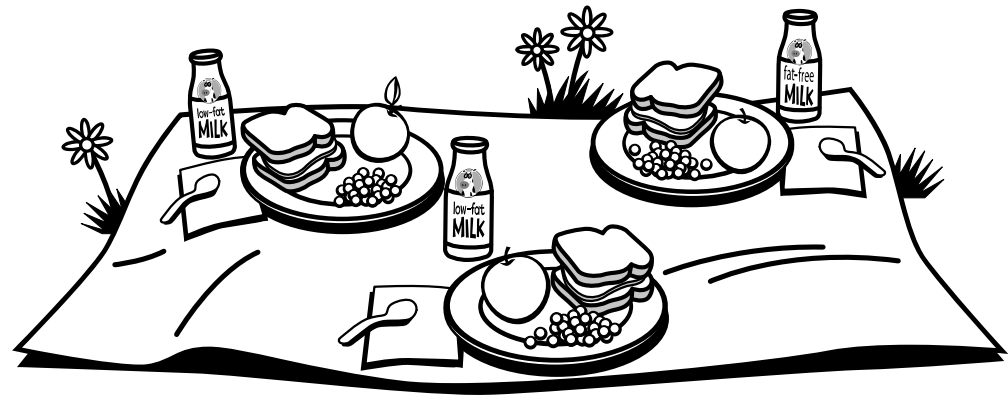
We have fun.



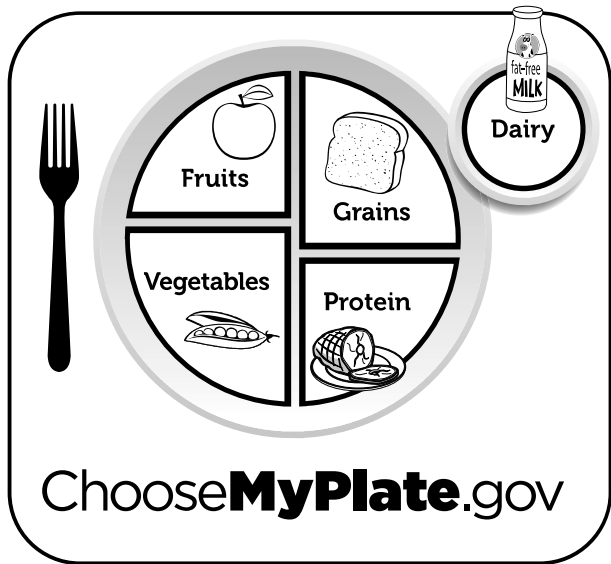
I have apples.



Nate has peas.



We have lunch.



We have five food groups.



He has ham.



Kate has bread.



She has milk.