

Just Try One Bite

READ ALOUD GUIDE

Themes: Health, Wellness

Book Brief: : These three kids are determined to get their parents to put down the ice cream, cake, and chicken fried steak to just try one bite of healthy whole foods. But it's harder than it looks when these over-the-top gagging, picky parents refuse to give things like broccoli and kale a chance.

Author:
Adam Mansbach and
Camila Alves
McConaughey

Illustrator:
Mike Boldt



BEFORE READING

The Cover: Read the title. Ask students what is happening on the cover. Have students comment on what exactly the parents are trying a bite of.

The Pictures: Take a brief picture walk and ask students what they see, think, or wonder about the story.

Vocabulary: [Vocabulary Guide](#)

Prior Knowledge: What kind of food do your students like to eat? What do they know about the food pyramid? Have students sort on an anchor chart food they like to eat that is healthy and foods they like that are considered unhealthy.

Purpose for Reading: “As we read, think about how the parents feel, as well as how the children feel about eating healthy.”

DURING READING

Check for understanding & make connections:

- What are the children trying to do to their parents?
- Why are the parents upset?
- Who do you think is right, the parents or the children?
- How did the children change their parents' mind?
- Do the parents end up trying the food?
- What was the parents' attitude towards the food in the end?

AFTER READING

Our Purpose: What lesson do the parents learn by the end of the book? Ask students to share how they can make healthy food choices.

Extending Our Thinking: Why do you think the children wanted their parents to eat healthily? What can you do to make sure you are getting the right nutrients to be healthy? Discuss with students what a healthy balanced meal looks like.

If your students enjoyed this book...

- Encourage them to continue to discuss it and refer to it in other lessons and conversations.
- Let them explore more about the topic by reading other books with similar themes, structure, characters, or content.