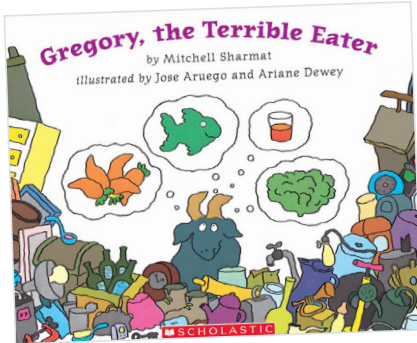


KIDS BOOK CLUB

READING TIPS AND ACTIVITIES

Jumpstart
Children first.™

Reading with children can improve their language, literacy, and social-emotional skills, increasing their knowledge of the world around them. With the right book choices, reading can introduce children to healthy eating habits too!

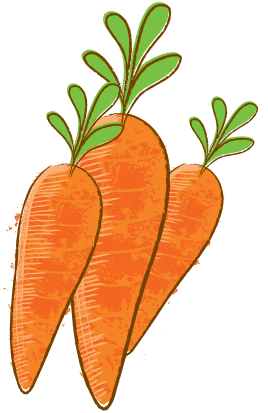


GREGORY, THE TERRIBLE EATER

by Mitchell Sharmat

What It's All About

Most goats eat only “junk food”—boxes, newspaper, old shoes, and tin cans, but not Gregory. He prefers foods such as fruits, vegetables, eggs, fish, bread, and butter. His parents don't understand and take him to the doctor and they work together to find a healthy balance of Gregory's meals.



Discover a World of Words

Throughout the story introduce new vocabulary words using gestures, tone of voice, pointing to illustrations, or providing brief explanations. Examples include:



- *Goat*: a sheep-like animal with horns
- *Revolting*: disgusting
- *Hamper*: a basket for dirty clothes

Dig into the Story

Develop children's comprehension of the story by discussing higher-level information (e.g., link characters' feelings to their actions and/or events in the story, predict what might happen, summarize chunks of text). Use prompts throughout the story, such as:

- *Do you think Gregory will eat the shoelace in the spaghetti? Whole can of soup? Tires from the dump?*
- *In the end, the whole family sits down to a meal of scrambled eggs, a glass of orange juice, and two pieces of waxed paper. Do you think his parents have tried these foods before? Why might they all like this meal?*

Make Connections Beyond the Book

After reading the story, make connections to an aspect of the child's real-life by:

- Discussing times your child tried a new food. Did they like it?
- Looking at the picture of the meal on the last page. Discuss what a well-balanced meal means for your child and what “junk foods” might be acceptable on occasion or in small amounts, like the wax paper.
- Creating a sorting game with pictures of healthy and “junk” foods. Talk about why each food is healthy or unhealthy as you play.



Jumpstart

Jumpstart is a national early education organization working toward the day every child in America enters kindergarten prepared to succeed. Learn more at jstart.org.

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Some definitions taken from Biemiller, A. (2010). *Words worth teaching: Closing the vocabulary gap*.

**WHOLE
KIDS
FOUNDATION**

This guide was created in partnership with Whole Kids Foundation, a charitable organization that provides children with access to healthy food choices through partnerships with schools, educators and organizations. Learn more at WholeKidsFoundation.org.

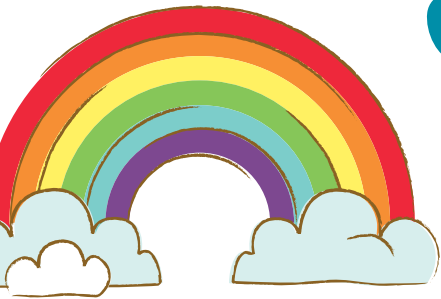
Together Time Activity

DRAW A “PICTURE PERFECT” MEAL: This simple art activity helps start a conversation about what makes a balanced diet.

- 1 Invite your child to draw and color a picture of what they think is a balanced meal. Use a white paper plate or draw a plate shape on a blank sheet of white paper. Encourage them to include favorite foods.



- 2 Discuss what your child drew. Identify which foods are fruits, vegetables, whole grains, proteins, fats and sweets. Talk about the colors of the foods. How many different colors are represented?



- 3 Talk about how much of and how often each of these kinds of foods should be eaten. Explain how eating a rainbow of colorful foods can help you find balance wherever you are eating: at home, at school, a friend's house or a restaurant. Visit www.myplate.gov for some guidelines.

- 4 After reviewing and talking about the foods, ask your child if the drawing really shows a balanced meal. Which foods should there be more or less of on the plate? Are there any foods that shouldn't be on the plate at all? What would you change to make the meal more balanced? Draw a new picture if you like.

BONUS

Make the balanced meal your child has drawn!



Talking Points

- Does your family have some favorite meals that are balanced? Are some of them unbalanced? What could you do to make them more balanced?
- Eating veggies is important to achieving balance. How many times a day does your family eat vegetables? What are some ways you enjoy them? What are some new vegetables you could try? Make a list.
- Talk about how important it is to try a food more than once. Sometimes it takes several tries to develop a taste for something new!
- Discuss dessert. Balance doesn't have to mean no dessert, but it does mean limiting sugary treats to a very small portion of your total diet. Talk about what you can substitute for candy, cookies, cupcakes, etc. Fruits can bring balance and nutrition to your diet while also satisfying sweet cravings.
- Talk with your child about how food makes you feel. When you eat foods that are good for your body, you have more energy, focus better and feel better (and look better, too, which older kids may care about). Ask your child how they feel after eating different foods: a salad, a sandwich, an apple, a slice of birthday cake, etc.