

Pre/Post Activities

Use these activities to accompany the author's reading on RallytoRead.org.



Just Try One Bite

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Grades: PK–2

Pre-Reading Activity

Explain to your students that they are going to listen to a fictional book about a family with silly eating habits. Ask your students what foods they typically eat and what makes them like those certain foods. Tell them to think about the foods they like to eat as they listen to the story.

Post-Reading Activity

In the book, the children try to help their parents have healthy eating habits. Just like the parents in this story, sometimes we can feel like we only want to eat junk food. In this activity, the students will look at their eating habits and figure out what may work for them. First, talk about the story and emphasize to students that a balanced meal is very important to their health. Also emphasize that there are different types of healthy food that they can choose. Use an anchor chart and allow students to add their favorite foods under the categories of Fruits, Vegetables, Grains, Dairy, and Protein. After this, have your students draw a picture of some of their favorite foods in each of the five food groups to make a picture of their personal “happy plate.” Students can draw and label the foods. Afterwards they may color the plates.