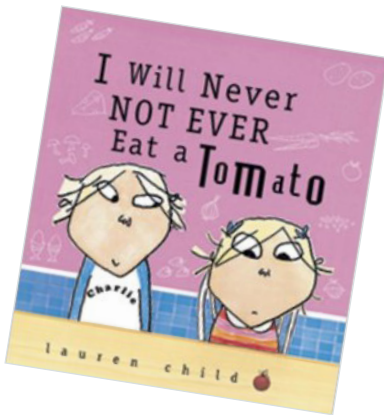


# KIDS BOOK CLUB

## 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!

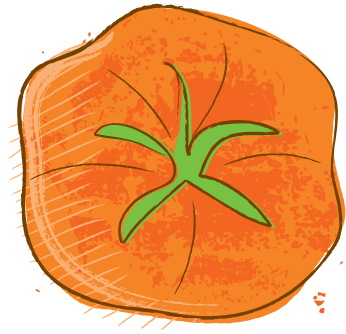


### I WILL NEVER NOT EVER EAT A TOMATO

by Lauren Child

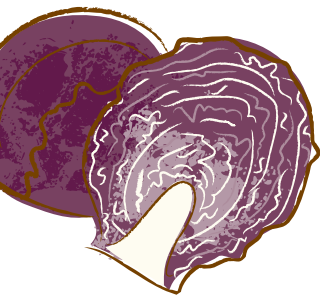
#### What It's All About

Lola is a very picky eater. There are many things Lola will not eat, including peas, carrots, oranges, but especially tomatoes. Her big brother, Charlie, helps her overcome her finicky eating by using her imagination.



#### 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:



- *Cauliflower*: a white vegetable that can be eaten both raw and cooked
- *Cabbage*: a round vegetable with large green or purple leaves
- *Jupiter*: the largest planet

#### 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:

- *I wonder why Lola hates tomatoes so much...*
- *Why do you think Lola changes her mind about some of the foods in the story?*



#### Make Connections Beyond the Book

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

- Discussing a time your family tried a new food. Did everyone like it?
- Making up new names for foods with your picky eater. Make a chart or labels for these foods.
- Discussing how siblings in your family have helped each other

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

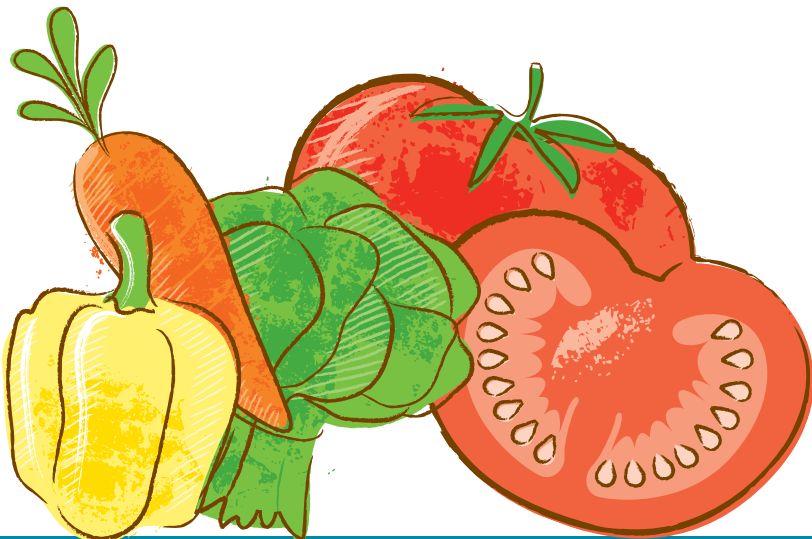
**Jumpstart**

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](http://jstart.org).

## Together Time Activity

**A FRESH LOOK AT FOODS:** Lola gets inspired to try new foods by looking at them a whole different way. Now you try it!

- 1** Make your own list of foods that you don't think you ever want to eat again.
- 2** Look at each of these foods with a fresh perspective. How would you describe it to somebody else if you were trying to persuade them to taste it? Be so convincing you'll convince yourself! If you wish, make up an imaginary world or planet with these foods as the main characters. Draw a picture or write a story about them.
- 3** Now you try each of the foods again. Make a plan to prepare each one a new way. If it was raw the first time, try it cooked or if it was cooked, try it raw. Ask for adult help to cut it thicker or thinner or in fun shapes, add a little seasoning, add it to a sandwich, salad or soup. If you made up a character, recreate it with the real food using toothpicks or skewers to attach other fruits and veggies or dried fruits to make eyes, faces, etc.



## Talking Points



- Talk about how important it is to try a food more than once. Sometimes it takes many tries to develop a taste for something new!
- Eating is a strong sensory experience and some children do not enjoy a variety of textures or tastes. They may feel overwhelmed by flavors, irritated by textures or even experience mouth discomfort. Talk to your child about how it feels to eat the foods on their “no” list. Notice if there is something all the foods have in common (do they prefer only crunchy things or only smooth things, for instance). You may find that cooking foods more or less—or even just cutting them smaller or grating them—may broaden the variety of foods your child is willing to eat.
- Let kids pick any vegetables they would like to try from the store. If it's a stretch for your budget, just buy a very small quantity, even one piece, at first. Encourage your child to taste it several ways (raw, steamed, roasted, grilled).
- Explain that taste preferences change over time. Give examples of foods you used to avoid as a kid that you now like as an adult. Some kids love playing like they're grown-ups and will try “grown-up” foods as part of the game.
- Give your child a choice about when to try a rejected food again. “Will you try it in one week, 10 days, 14 days?” (Aim for a month or less.) Put it on the calendar.