



Story Time

Stories and picture books can be comfortable ways to introduce these social skills and then to connect them to experiences in children's own lives. Here are some examples.



Pass the Peas, Please: A Book of Manners

by **Dina Anastasio**,
pictures by **Katy Keck Arnsteen**
LOWELL HOUSE, 1999

This friendly book of rhymes introduces all kinds of ways to show good manners. Rhymes about table manners include the reminder from the title: to ask politely when you want more food. There are also rhymes about not talking with your mouth full, using the proper utensil, and not taking food that belongs to others—like your brother's cupcake!

- Share the rhymes and talk about what they mean. Review good-manners words, such as “please” and “thank you.” Discuss why it’s important to use these words at the table.
- Invite children to make up their own rules of good manners when eating. Record them on an experience chart and let children illustrate each rule.

Yoko

by **Rosemary Wells**
HYPERION, 1998

Yoko, a white cat, loves sushi. Her mother packs delicate sushi rolls for her lunch and red bean ice cream for snack. But when it's time to eat, Yoko's classmates give her choices a thumbs down. Recognizing a problem, her teacher plans an International Food Day, and each class member brings in a special dish. But Yoko's friends won't even try her deluxe sushi—until Timothy finds he's still hungry and there's only Yoko's treat left. He likes it!



- Invite children to comment on the characters and events. Guide children in talking about why it's important not to make fun of what other people eat.
- Plan a Family Food Day and have each child bring in a family favorite to share. Encourage taking small tastes and responding politely even if you don't want more.

Let's Eat!

by **Ana Zamorano**, pictures by **Julie Vivas**
SCHOLASTIC INC., 1997

Antonio's extended family usually eats together at two o'clock. But each day of this week, Mamá is frustrated because someone can't make the afternoon meal. On Saturday, it's Mamá who is missing, because she has gone to the hospital to have a baby. By the following Sunday, the whole family, including new sister Rosa, is together around the table.

- Discuss the characters and events. Why do children think Mamá wants her family to all eat together?
- Let volunteers tell about family meals at home. You might talk about special meals that families usually share, such as birthdays and holidays, and why being together makes these events more special.
- Talk about your group as a family and why you enjoy eating together.



Got a Fussy Eater? These Books Can Help

Children's Picture Books

Bread and Jam for Frances
by **Russell Hoban**
HARPERCOLLINS, 1993 .

Share this classic story about a little badger who only loves bread and jam and won't try anything new. When Mother wisely lets Frances eat her bread and jam, Frances decides there might be other foods she'd like to try after all.



Eating the Alphabet
by Lois Ehlert
HARCOURT BRACE, 1996

This colorful ABC book offers a great presentation of a variety of both common and uncommon foods, which may entice children to taste. It includes a glossary with descriptions and interesting facts.

Oliver's Vegetables
by Vivian French
ORCHARD BOOKS, 1995

The only vegetable Oliver likes is French fries. But with the help of his grandfather, who loves to garden, Oliver discovers he likes many vegetables.

For Adults

How to Get Your Kid to Eat . . . But Not Too Much
by Ellyn Satter
BULL PUBLISHING, 1987

This book is a great resource on how to respond in both healthful and helpful ways to a picky eater.