Thinking About the “One-bite” Rule
An Opinion Worksheet
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Some people use a rule that children must try at least one bite of all the foods on the table. People might call this a “Thank-the-Cook Bite,” or a “Bug Bite,” or a “No Thank-you Bite,” or even a “Big-Girl Bite.”

Write your thoughts about using the one-bite rule using the questions below. Discuss the thoughts expressed by folks in your group.

1. I like the “One-bite Rule” because:
   
   Nutritional reason
   Social reason
   Emotional reason
   Other

2. I do not like the “One-bite Rule” because:
   
   Nutritional reason
   Social reason
   Emotional reason
   Other

3. I think children should be required to try all foods from the daily menu, even if it is only one bite, because:

4. I think children should be allowed to choose how much or whether they eat the food that is offered because: