



## **Thinking about the “No, Thank-You Bite” A Worksheet**

A “No Thank-You Bite” is a common name for a rule that says children must try at least one bite of all the foods on the table. Some people have also called this a “Thank the Cook Bite,” or a “Bug Bite.”

Write your thoughts about using this rule. Then, have a group discussion about the thoughts expressed.

I like the “no, thank you bite” because:

I do not like the “no, thank you bite” because:

I think children should always try every food from the daily menu because:

I think children should choose how much or whether they eat the food that is offered because: