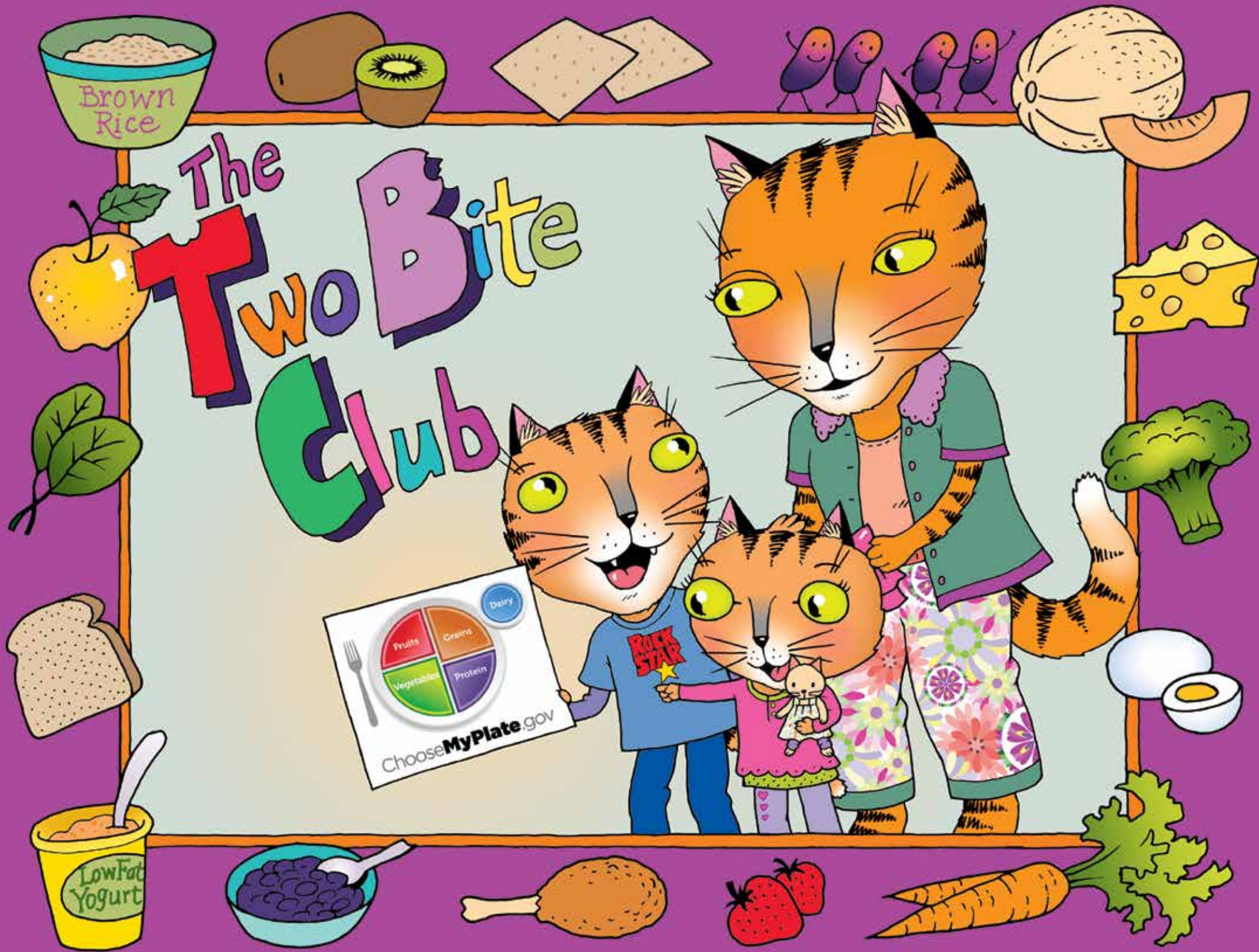
Brown Rice
The Two Bite Club
Dairy
Fruits
Grains
Vegetables
Protein
ChooseMyPlate.gov
ROCK STAR
Low Fat Yogurt

Welcome to The Two Bite Club!

Two Bite Club was developed to introduce *MyPlate* to young children. When you finish reading the book with your children encourage them to try foods from each food group, just like the children in the story. In the back of the book you will find a *MyPlate* coloring page, a blank certificate for the Two Bite Club, fun activity pages for kids, and Tips for Growing Healthy Eaters.

The Two Bite Club was developed by the Food and Nutrition Service (FNS) of the U.S. Department of Agriculture.
FNS wishes to extend a sincere thank you to those individuals who nurtured this storybook from concept to finish.

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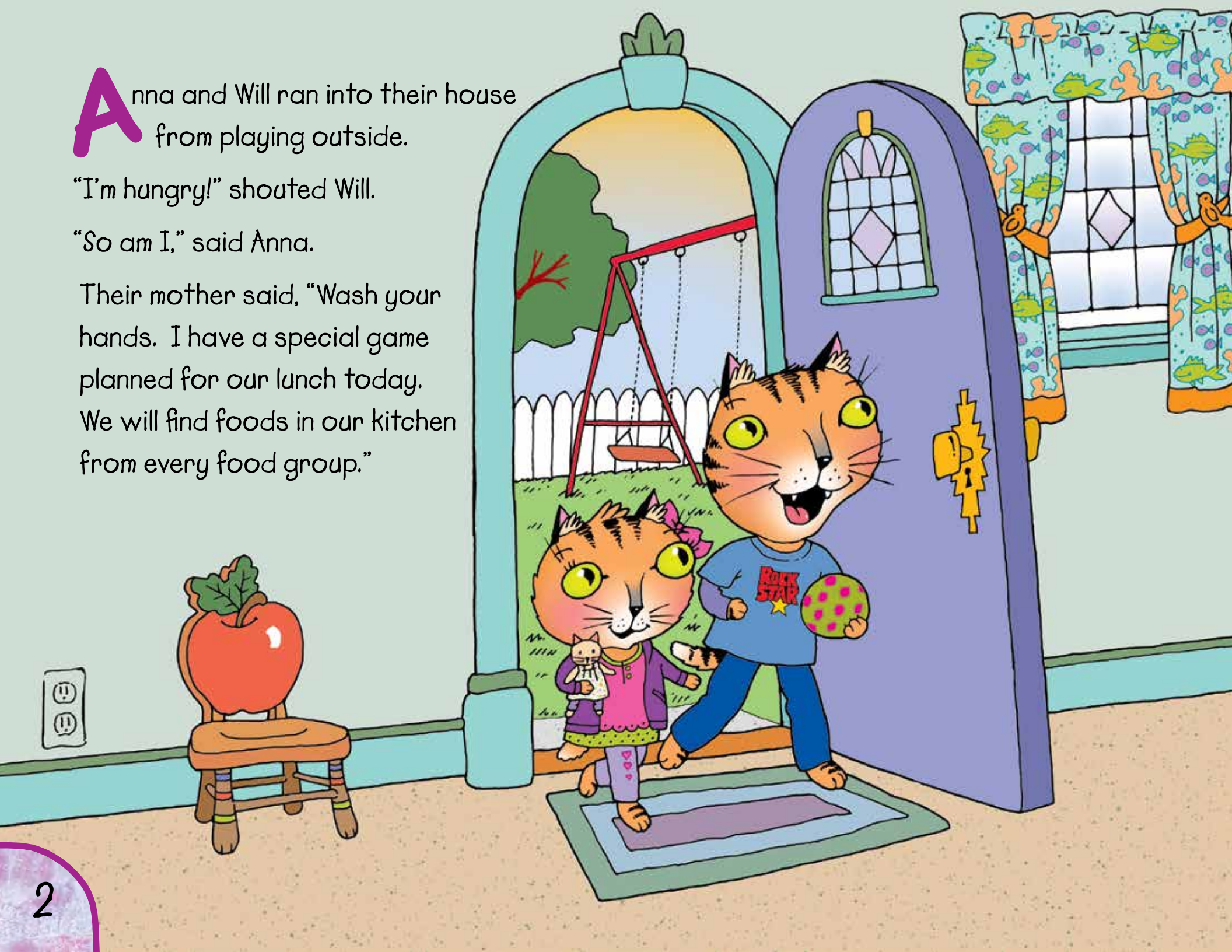
Anna and Will ran into their house from playing outside.

"I'm hungry!" shouted Will.

"So am I," said Anna.

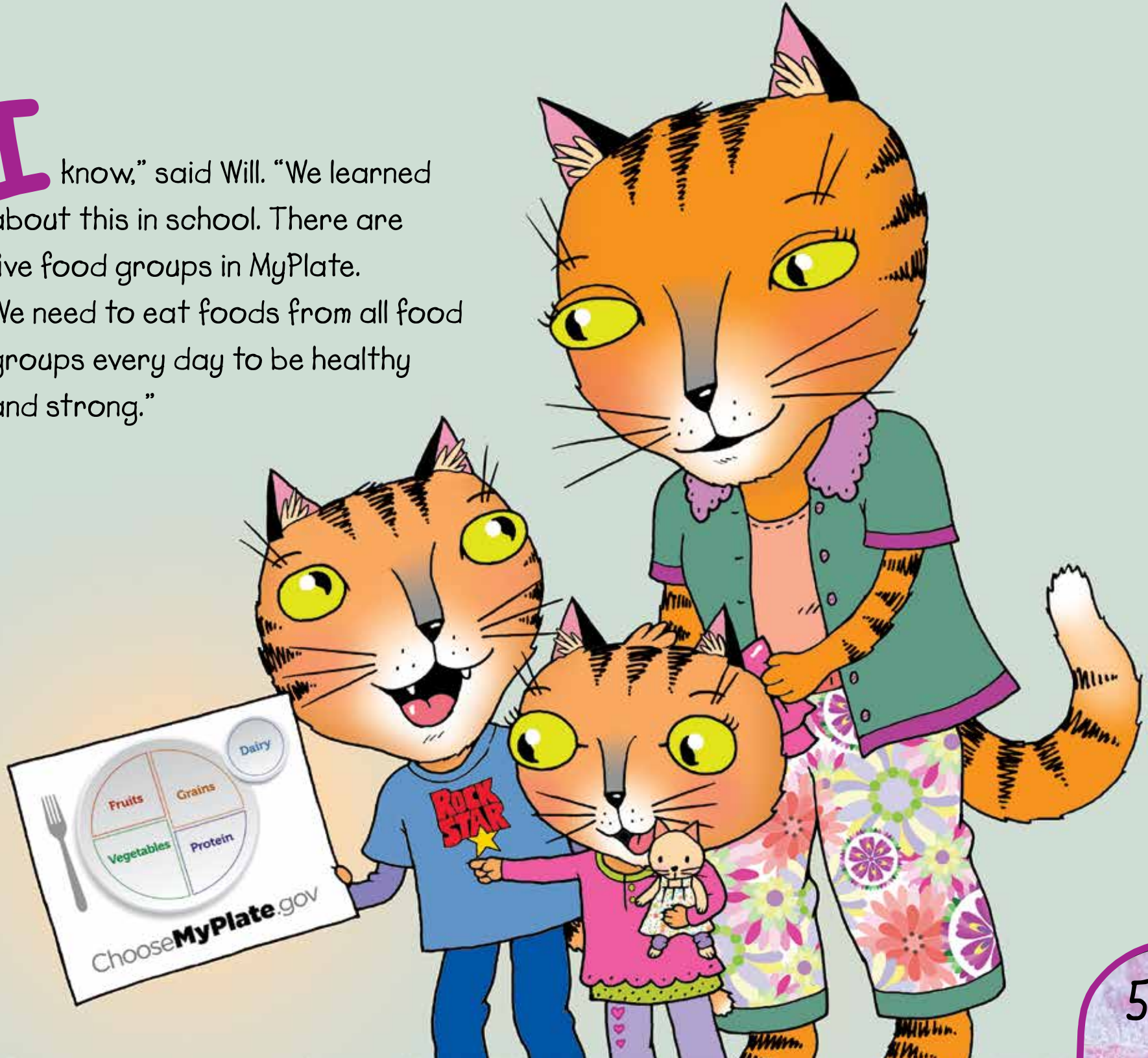
Their mother said, "Wash your hands. I have a special game planned for our lunch today. We will find foods in our kitchen from every food group."



ChooseMyPlate.gov
Fruits
Vegetables
Grains
Protein
Dairy

"What is a food group?"
asked Anna.

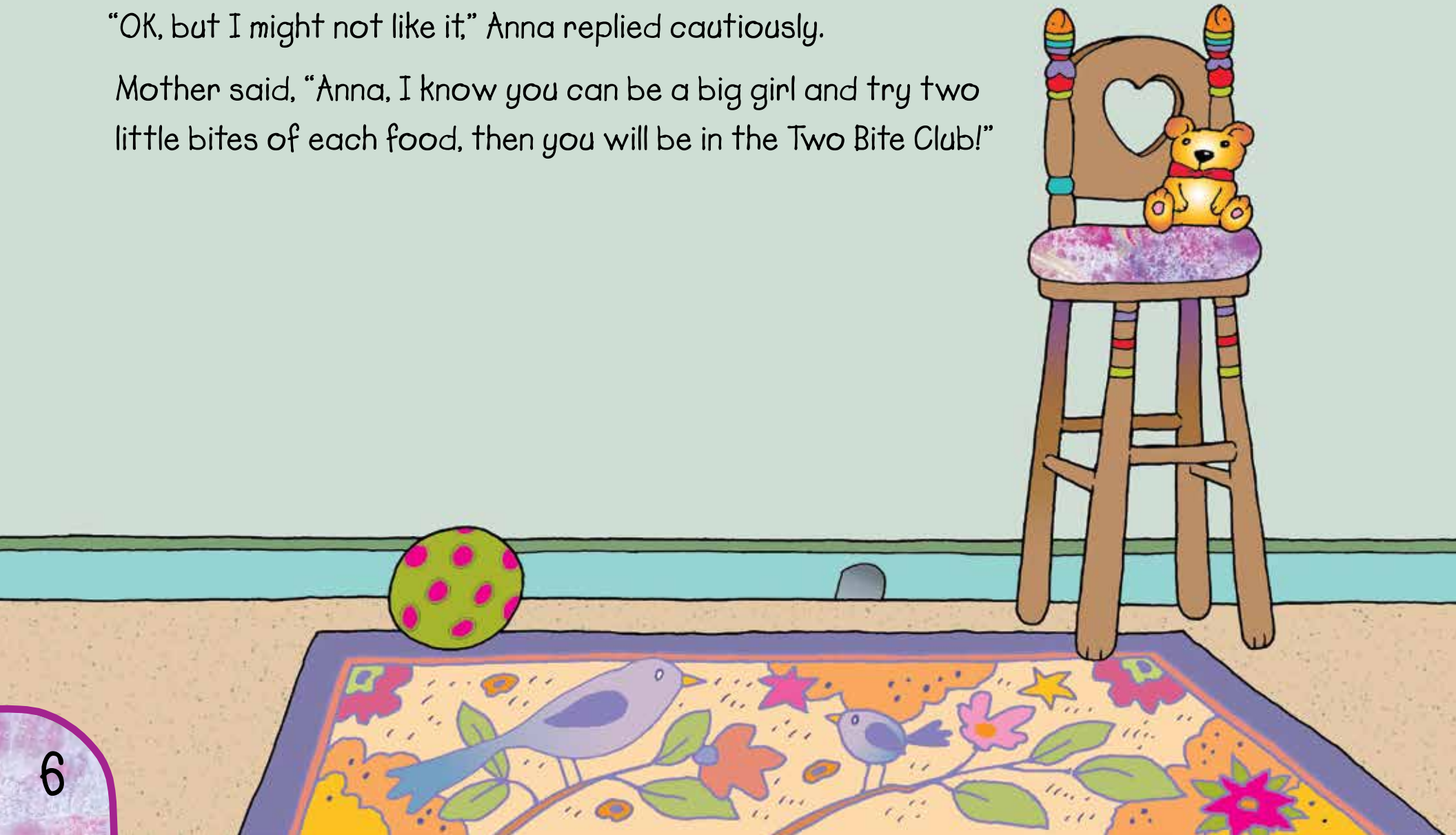
"I know," said Will. "We learned about this in school. There are five food groups in MyPlate. We need to eat foods from all food groups every day to be healthy and strong."

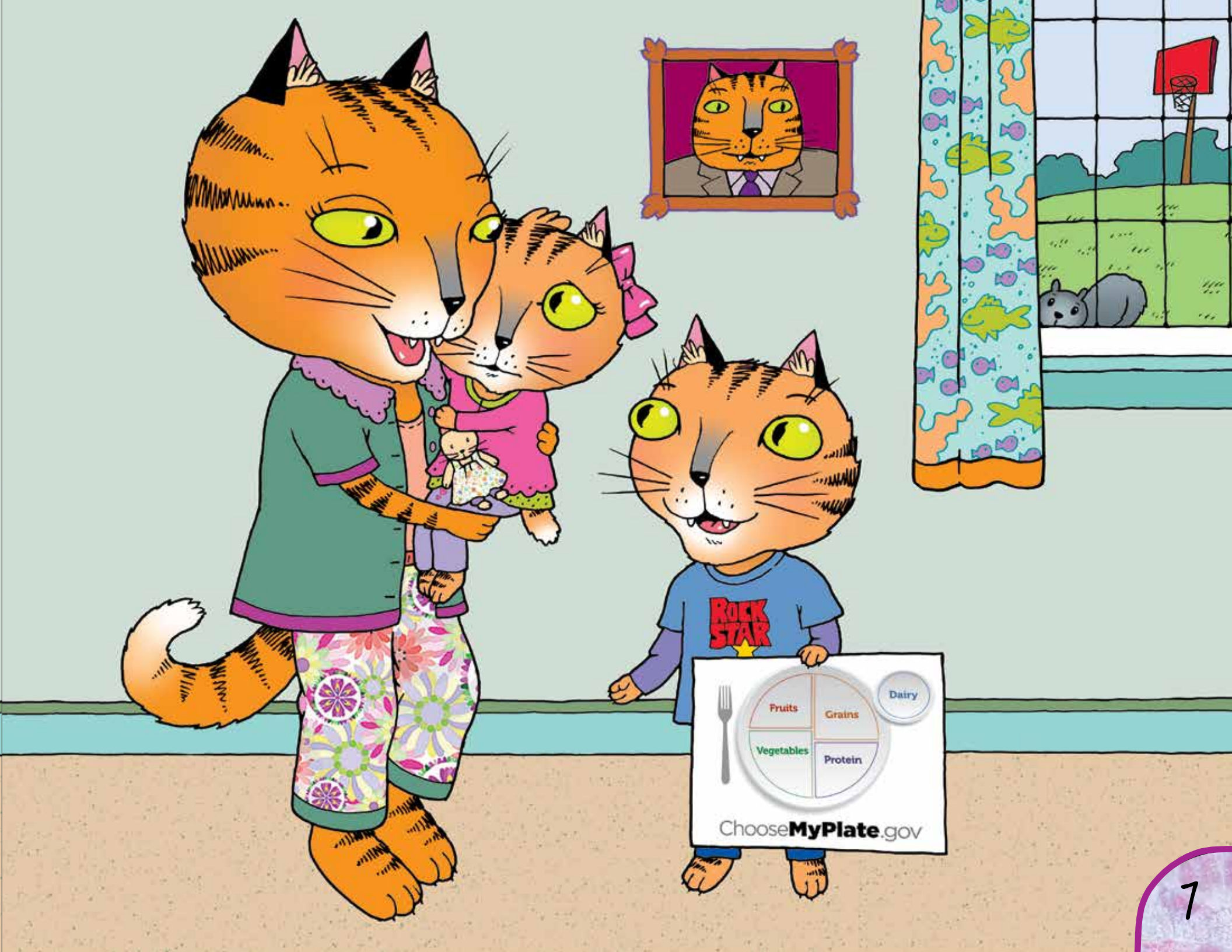


"Each color on the plate in the picture is a different food group. My teacher told me that if we eat two bites from each food group we can be members of the Two Bite Club!" said Will.

"OK, but I might not like it," Anna replied cautiously.

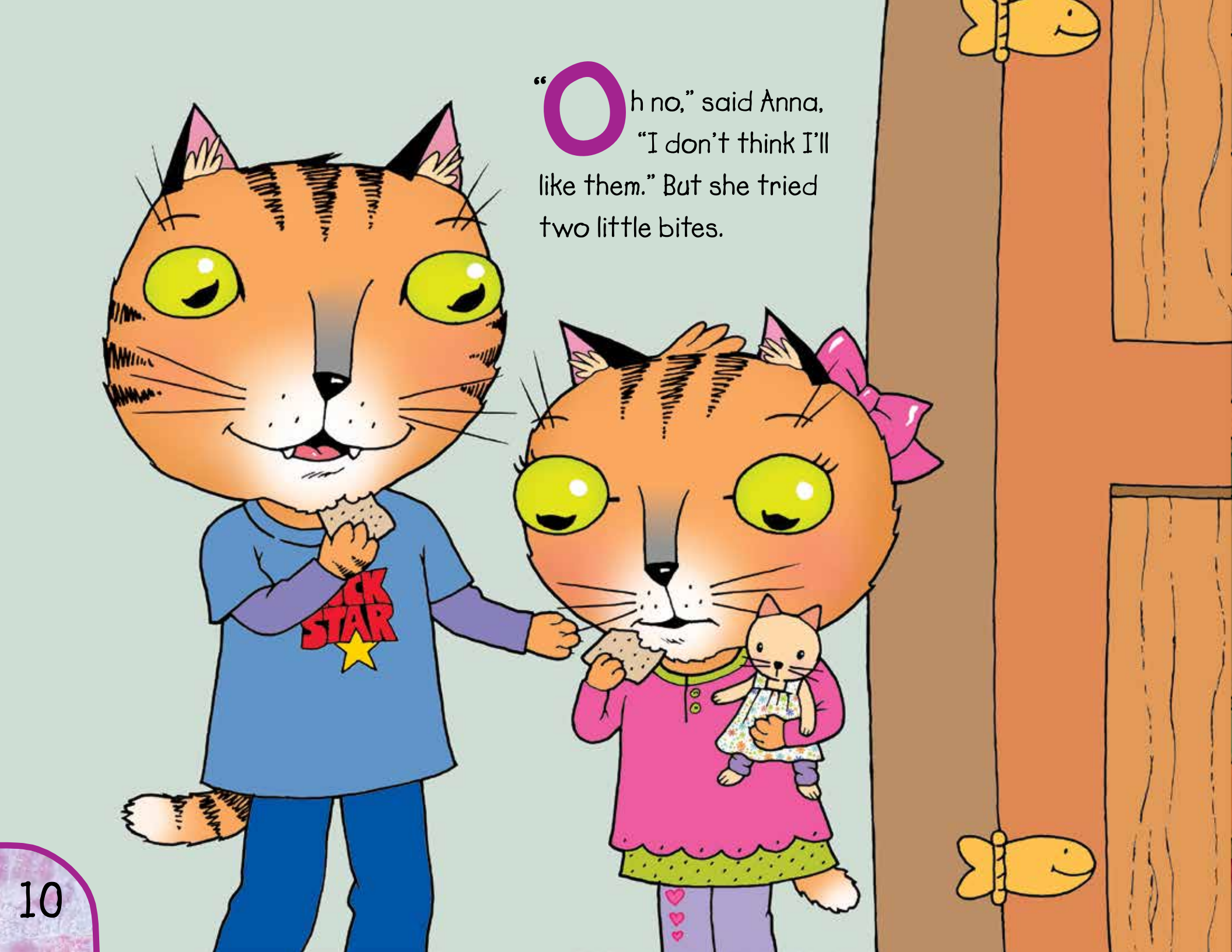
Mother said, "Anna, I know you can be a big girl and try two little bites of each food, then you will be in the Two Bite Club!"




ROCK STAR
Fruits
Grains
Dairy
Vegetables
Protein
ChooseMyPlate.gov

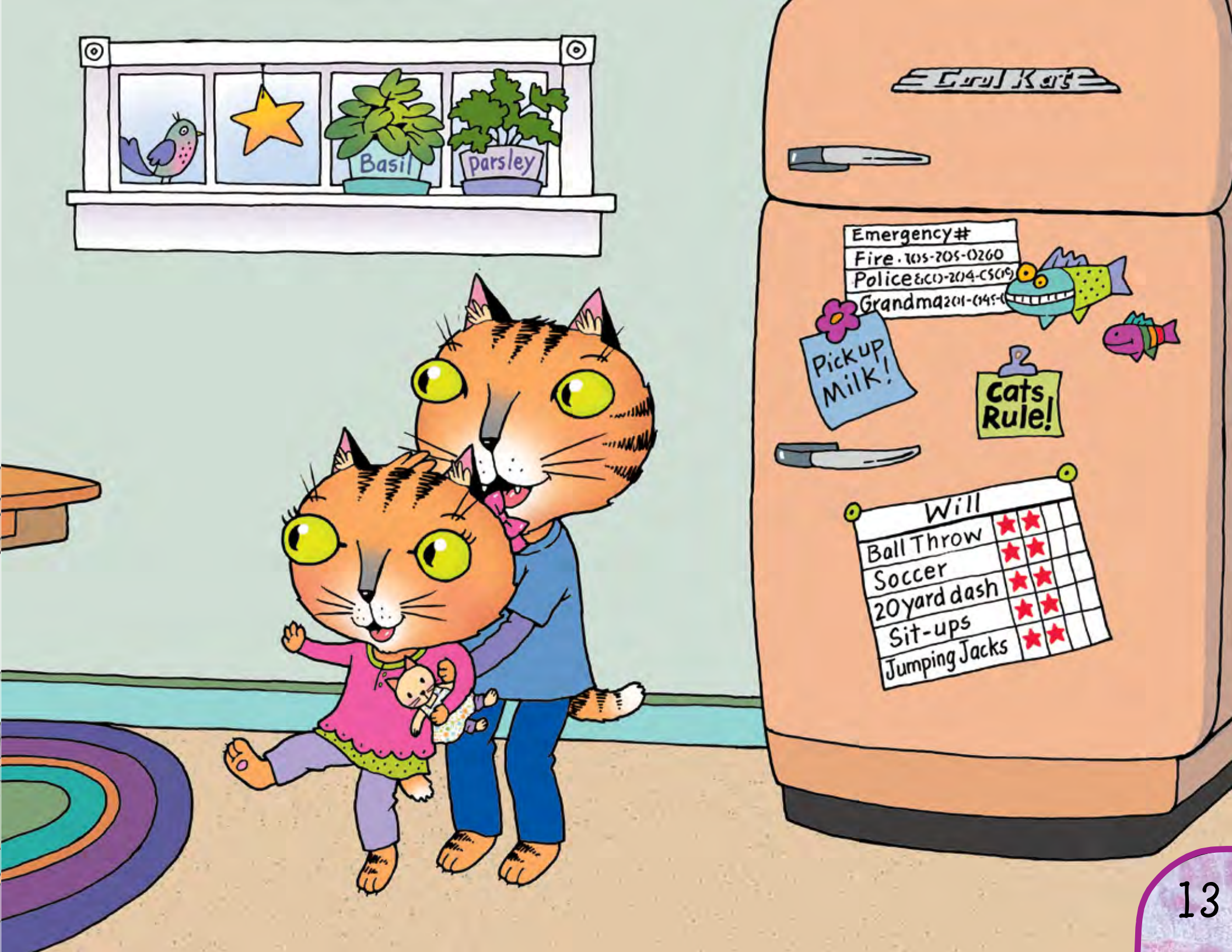
"The first food group is colored orange, and it's the Grains Group—see?" said Will. "There are bread, crackers, rice, and noodles."
"That's right," said Mother. "Can you find something from the Grains Group?"
Fruits
Grains
Dairy
Vegetables
Protein
ChooseMyPlate.gov

Will grabbed a box of whole-wheat crackers. "Let's try these!" he said.


"Oh no," said Anna, "I don't think I'll like them." But she tried two little bites.
CK STAR

"I like them!" Anna exclaimed.
"I knew you would," Will told her.
ROCK STAR
Whole Wheat Crackers

Then Mother said, "I bought some carrots, lettuce, and corn at the grocery store. They are all vegetables. Let's see if you can find something else from the Vegetable Group." It's the green part of MyPlate.


Basil
parsley
Emergency#
Fire · 305-205-0260
Police &CO-204-CSCR
Grandma201-014-
Pick up Milk!
Cats Rule!
Will
Ball Throw
Soccer
20yard dash
Sit-ups
Jumping Jacks

Will opened the big refrigerator door and peeked inside.

"I'm looking for something," he said.

"Don't find anything yucky," called Anna.

"How about some broccoli?" asked Will.

"Yes, broccoli is a vegetable," replied Mother.

"Oh no," said Anna,
"I don't think I'll like it."

"Just try it and see," Will responded.

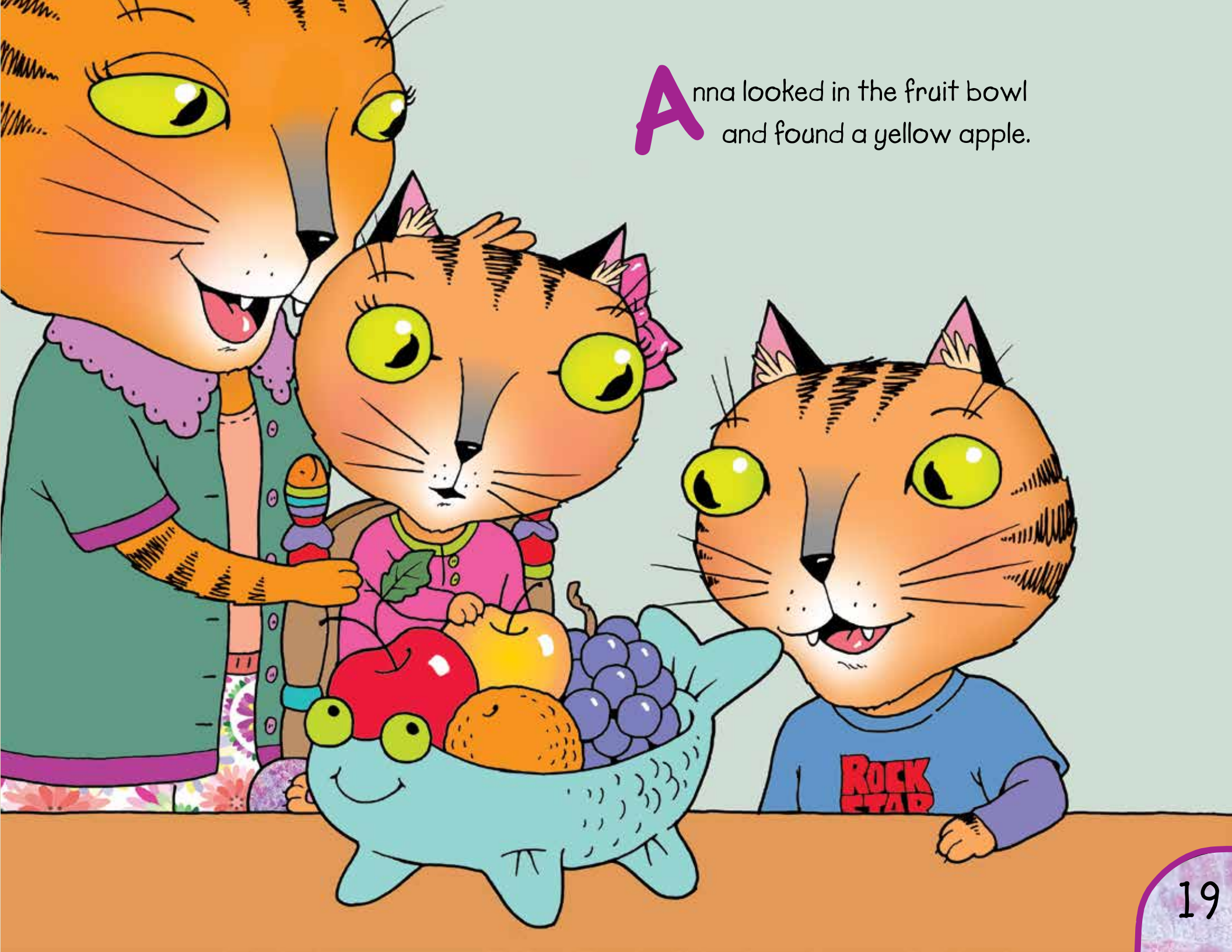
So Anna tried two little bites.

"I like it!"
Anna exclaimed.

"I knew you would,"
Will told her.

"Now we need to find some fruit from the Fruit Group. It's the red part of MyPlate," said Mother.
Fruits
Grains
Dairy
Protein
ChooseMyPlate.gov

"Anna, can you help find some fruit?"

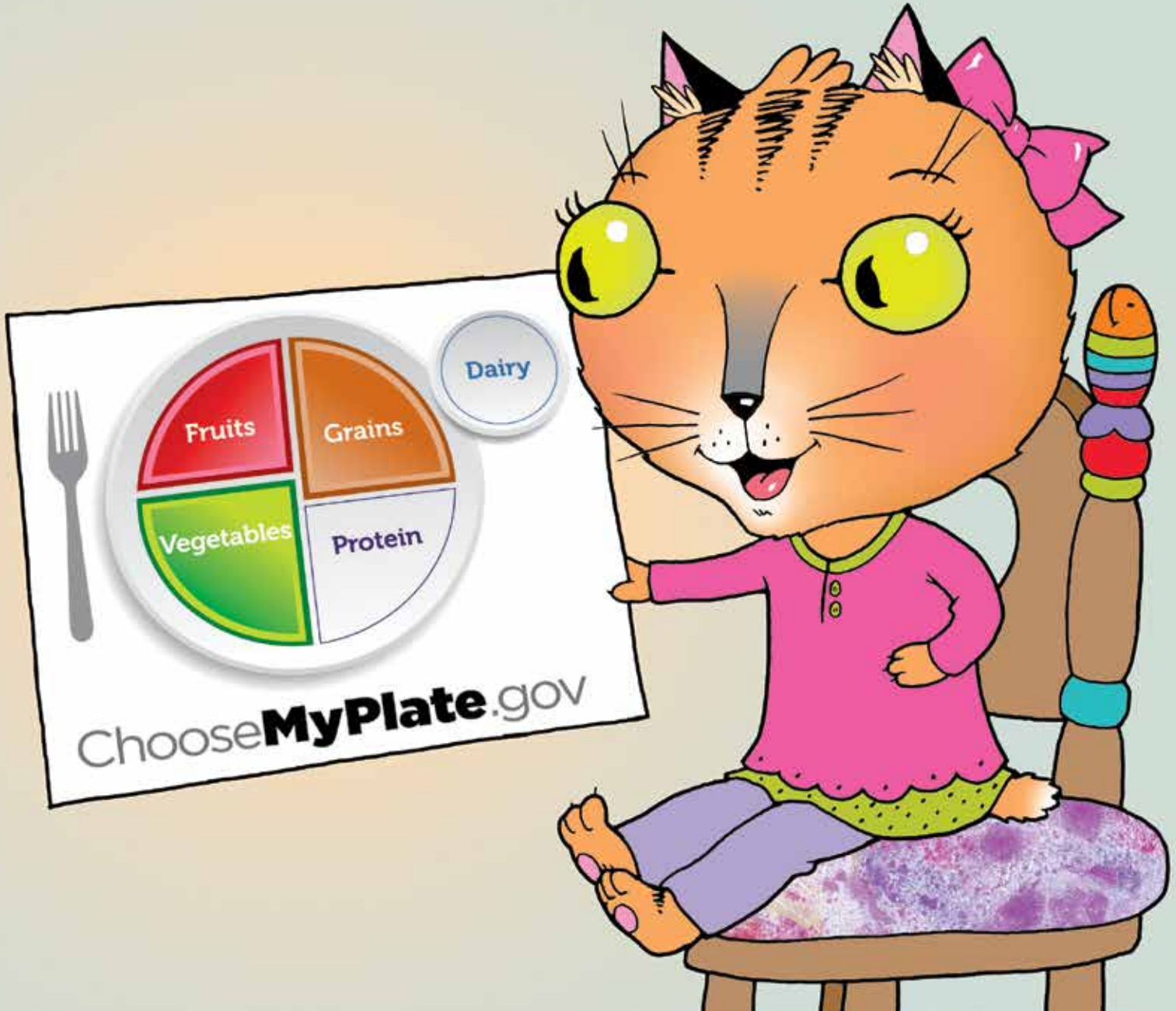


Anna looked in the fruit bowl
and found a yellow apple.

"I don't think I like yellow apples; I only like red apples," Anna said, but she tried two little bites.

"I like it!" Anna exclaimed.
ROCK STAR
"I knew you would. Apples are yummy," Will said.

"You've told me about grains and vegetables and fruits," said Anna. "What are the purple and blue colors for?"



"The blue circle is for the Dairy Group. It has lots of foods that are good for you," Will explained.

Anna perked up and said, "I like milk."

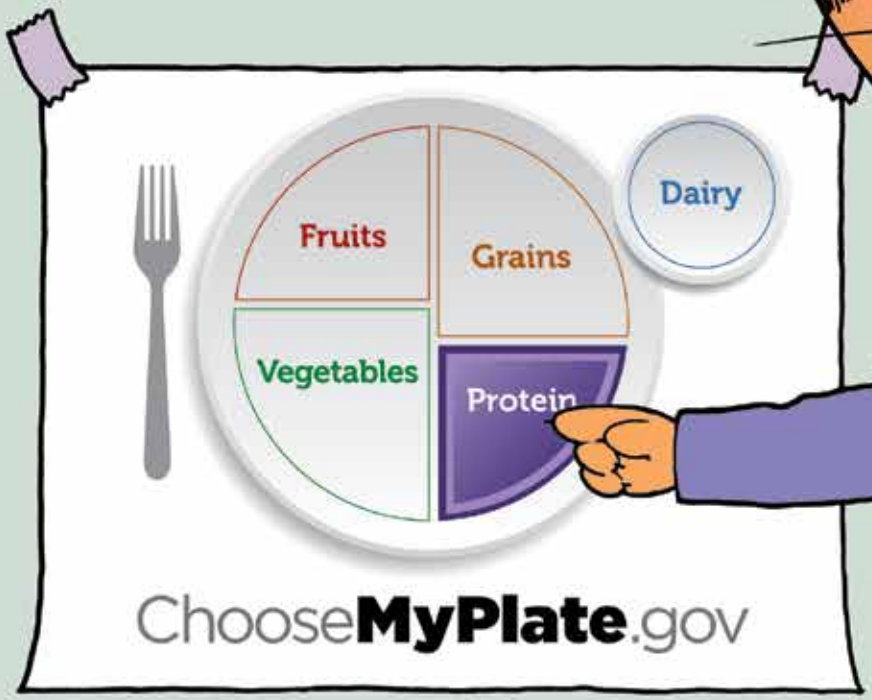
"Yes, I do, too," said Will, "but let's find something different. How about this yogurt?"

"I know," Anna exclaimed, "Yogurt is made from milk, but I don't think I will like that yogurt."

"I will just try two tiny bites," said Anna.
Low Fat Milk
Low Fat Yogurt

"I like it, Will!"
Anna exclaimed.
"I knew you would,"
said Will.
Low Fat
Yogurt
Low Fat
Yogurt
ROCK
STAR

"The last food group is the **Protein Foods Group**, and it's purple," explained Will.



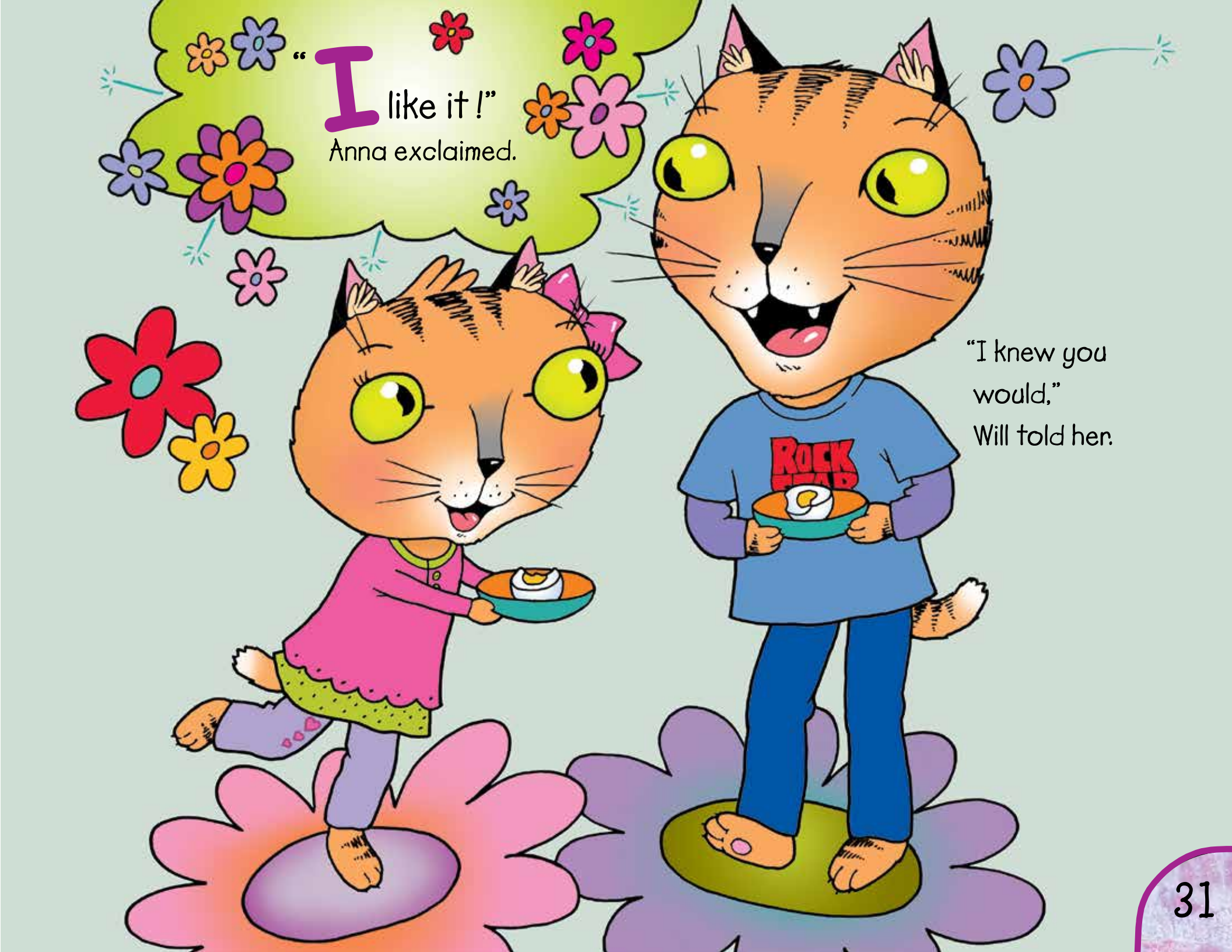
"What are you going to find from that group?" Mother asked.

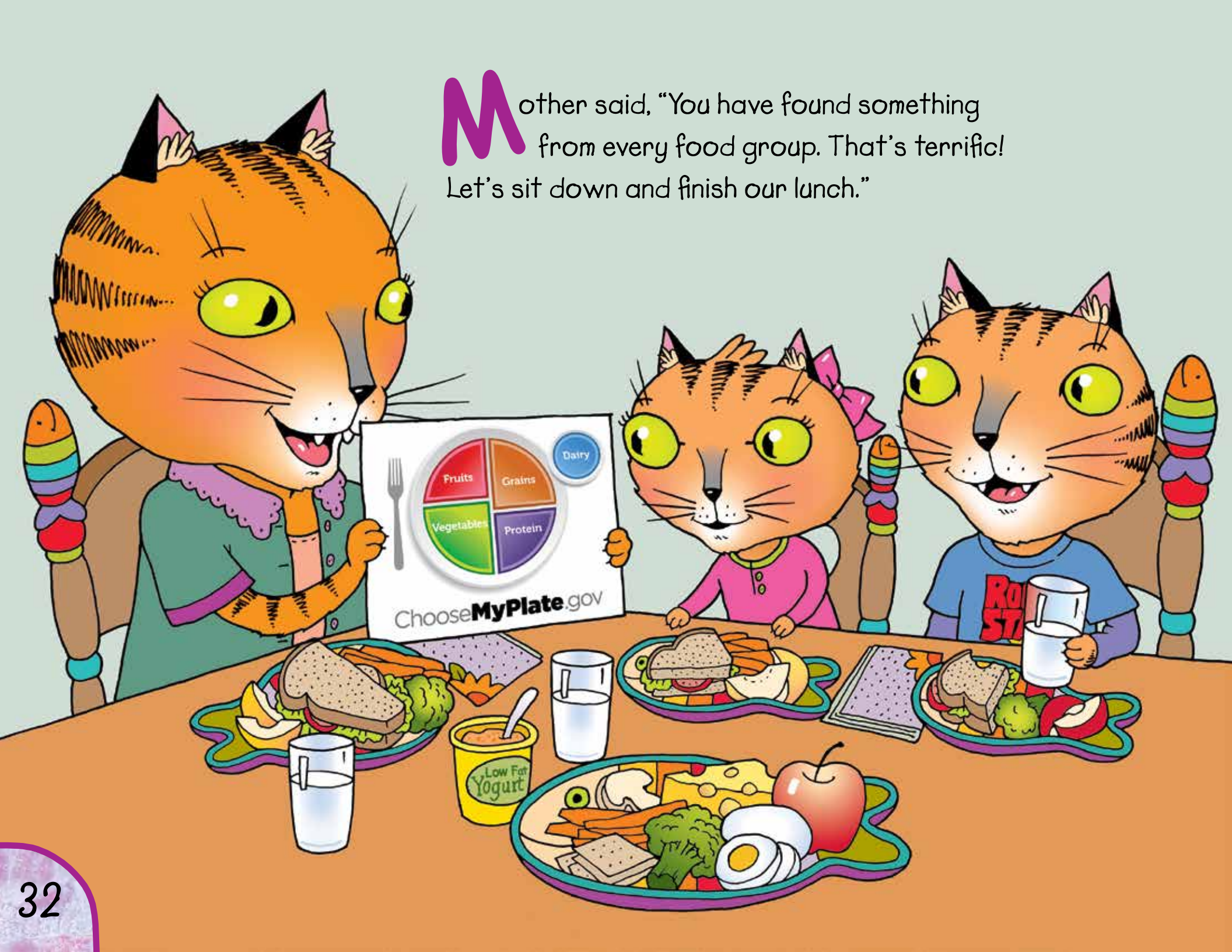
"I know, I'll eat a hard-cooked egg," said Will.

Mother explained that eggs are in the **Protein Foods Group**, along with chicken, turkey, fish, and even peanut butter.

arsley
Cool Kat
Low Fat
Milk
Orange Juice
Whole Wheat Flour

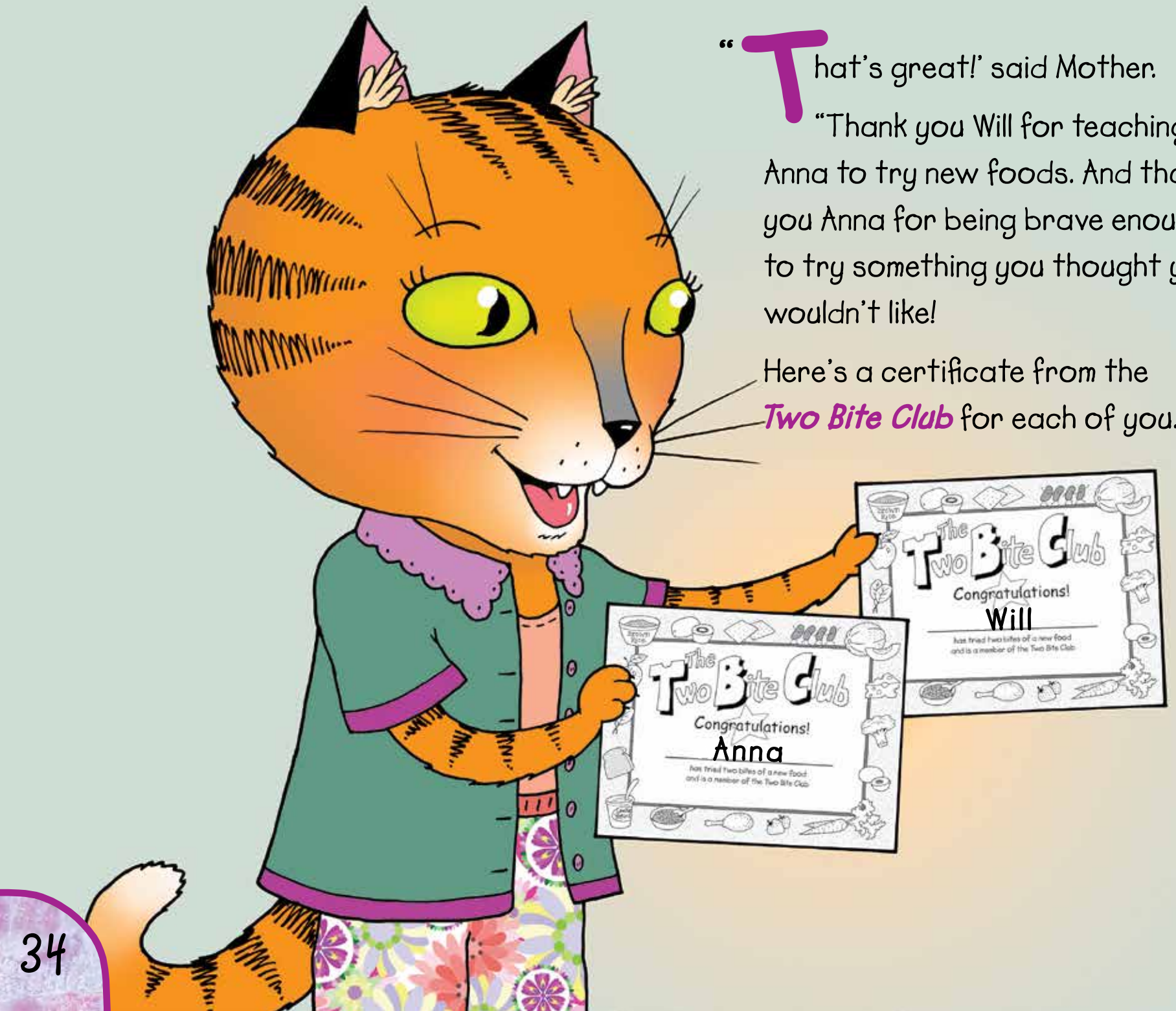
"I don't think I'll like the egg," said Anna. But she tried two bites.


"I like it!"
Anna exclaimed.
"I knew you would,"
Will told her.
ROCK


Mother said, "You have found something from every food group. That's terrific! Let's sit down and finish our lunch."
Fruits
Grains
Dairy
Vegetables
Protein
ChooseMyPlate.gov
Low Fat Yogurt

Anna exclaimed, "I've tried two bites from every food group, and I love new foods."

"Yeah, you did it Anna!" said Will.



"That's great!' said Mother.

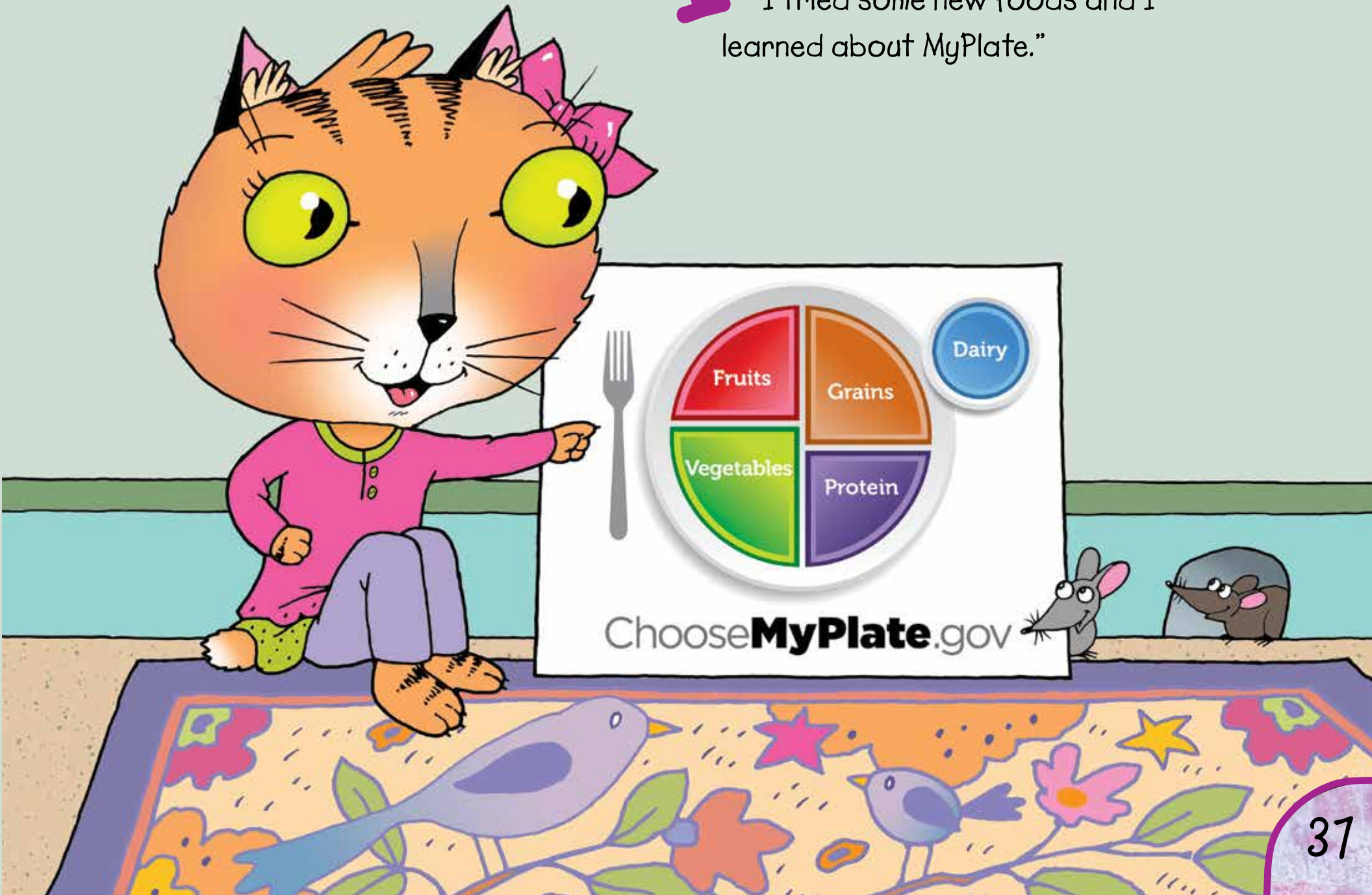
"Thank you Will for teaching Anna to try new foods. And thank you Anna for being brave enough to try something you thought you wouldn't like!

Here's a certificate from the *Two Bite Club* for each of you."

Yeah!
ROCK STAR

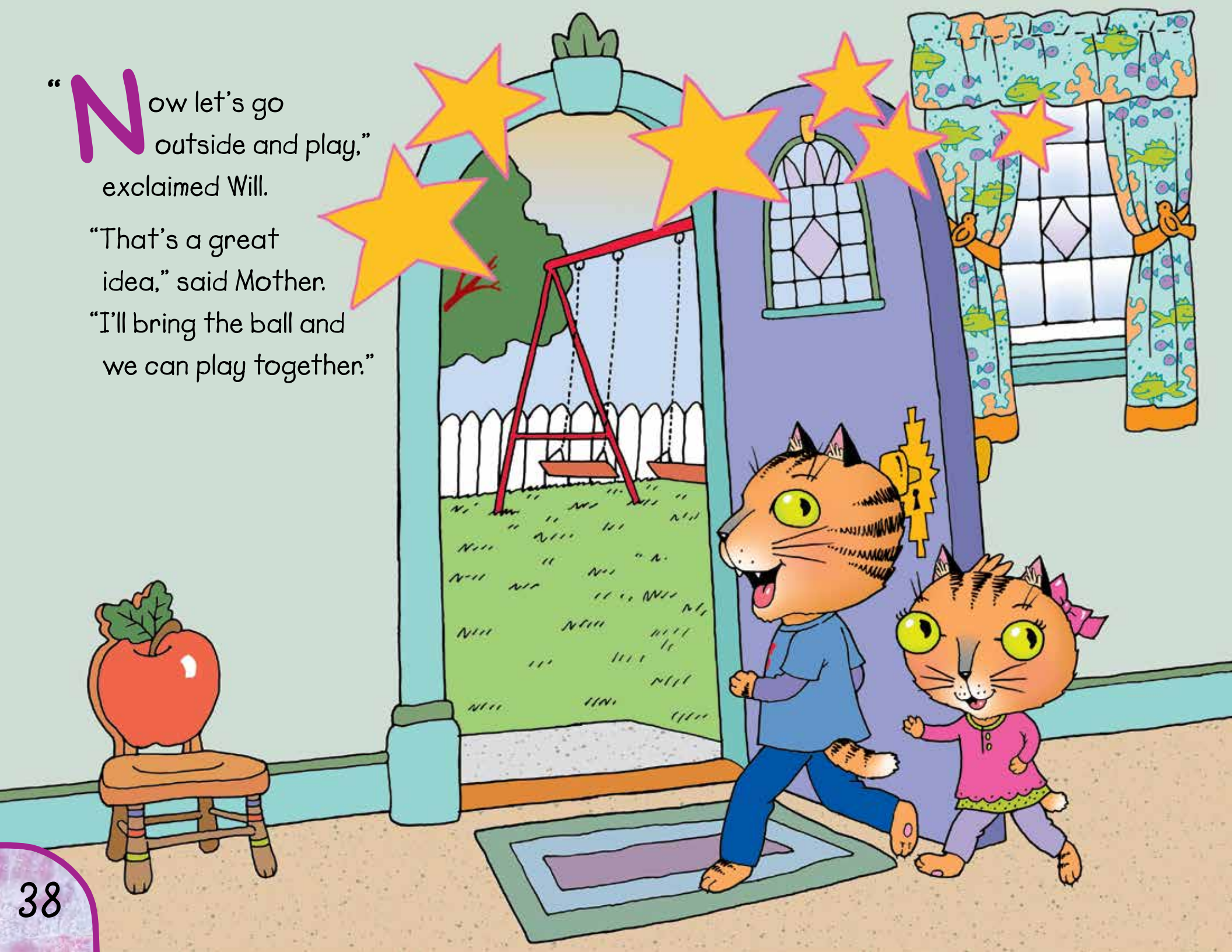
"Now we are members of the *Two Bite Club*." said Will.
"Let's hang up our certificates."

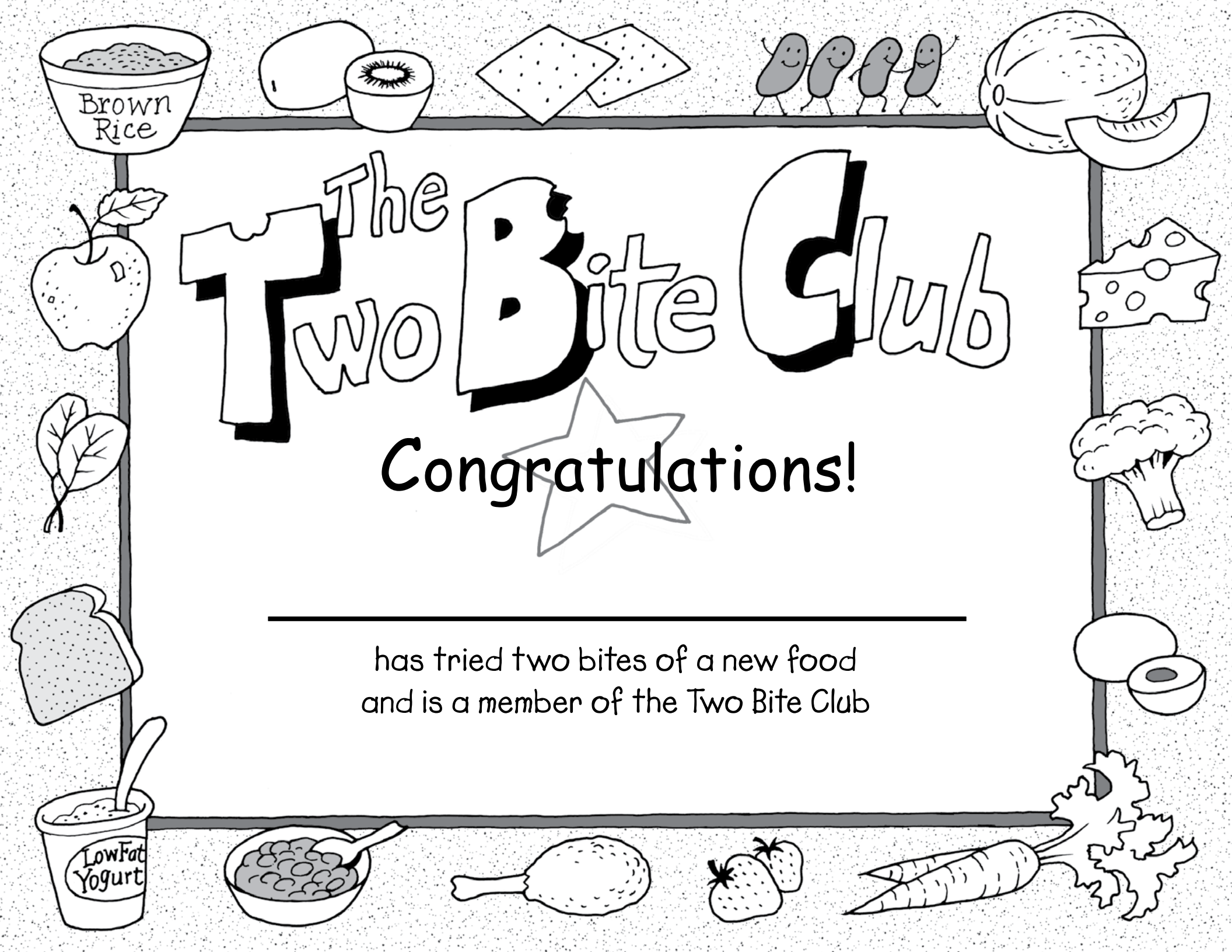
"I am so proud of myself," said Anna. "I tried some new foods and I learned about MyPlate."



"Now let's go outside and play," exclaimed Will.

"That's a great idea," said Mother. "I'll bring the ball and we can play together."





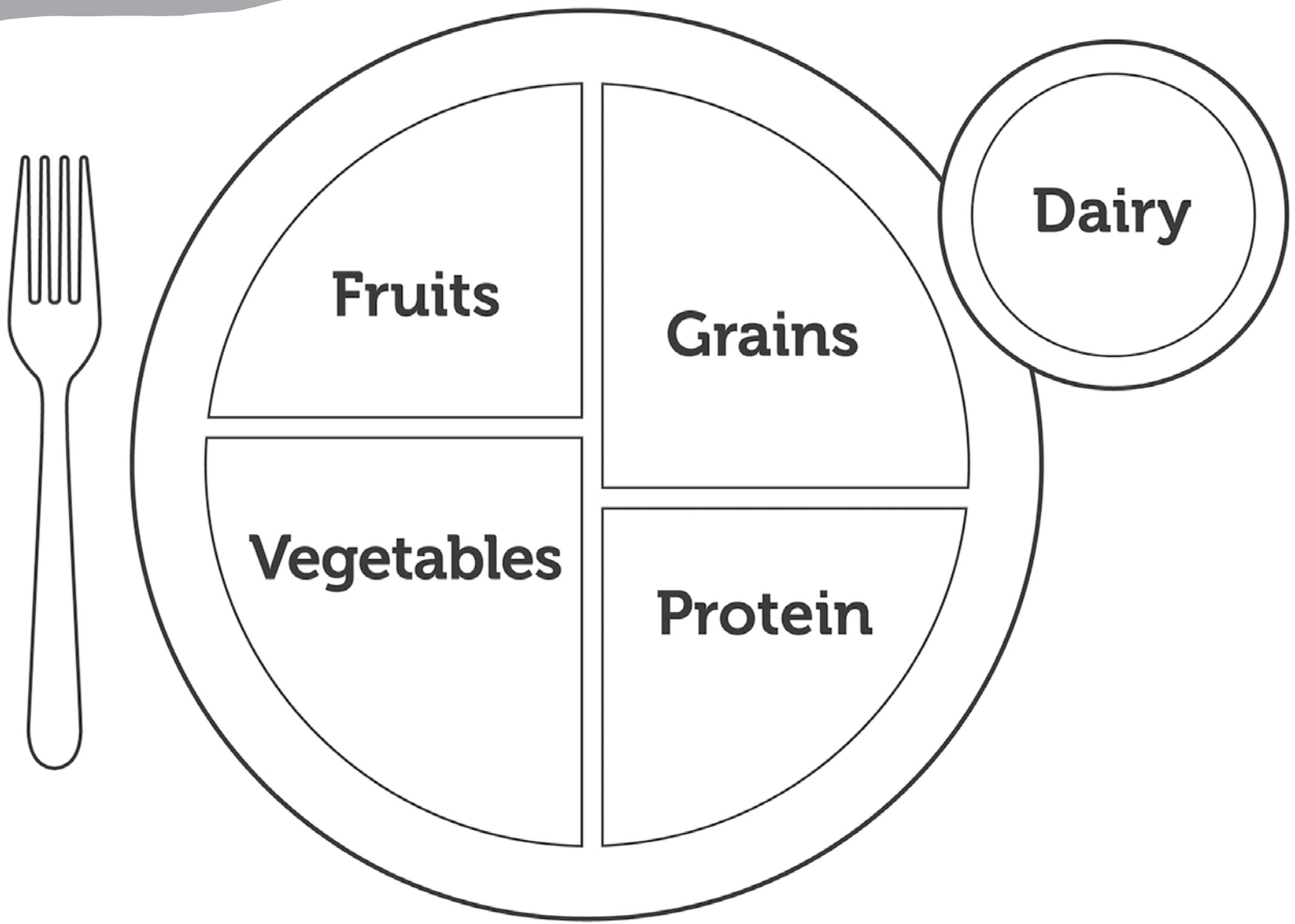
The Two Bite Club

Congratulations!

_____

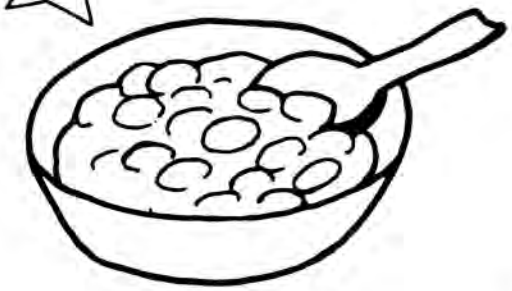
has tried two bites of a new food
and is a member of the Two Bite Club

MyPlate Coloring Sheet



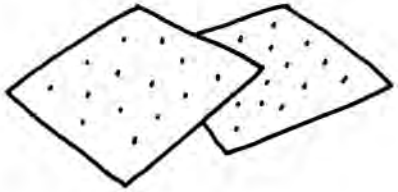
ChooseMyPlate.gov

Circle all the foods you might like to try.



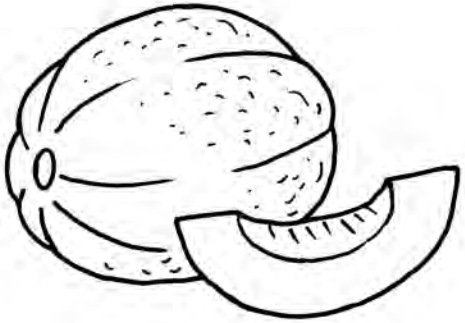
black beans

spinach

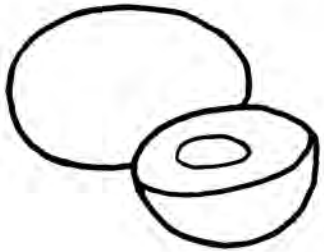


whole wheat crackers

cheese sticks



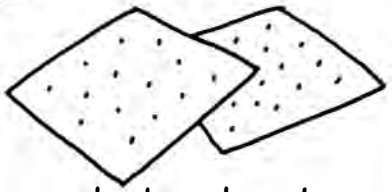
cantaloupe



hard-cooked eggs

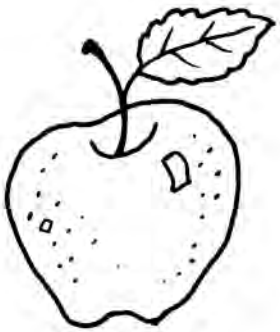
squash

Draw a line from the food to the correct food group.

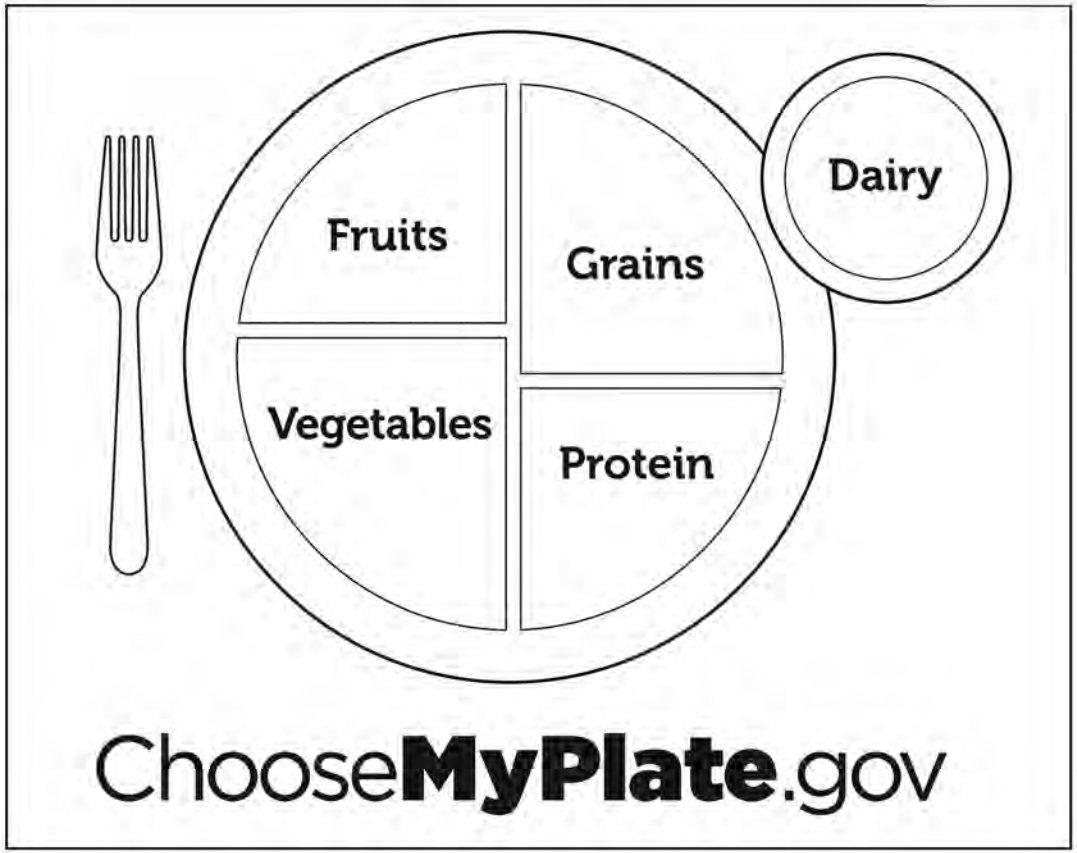


whole wheat crackers

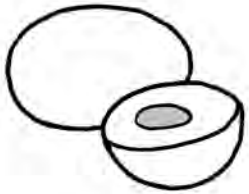
broccoli



yellow apple



low-fat yogurt



hard-cooked eggs

Tips for Growing Healthy Eaters

- Parents and caregivers can be great role models for children. Let children see you trying and enjoying new foods. Kids copy what they see and hear.

- Have your child choose a new food as you shop; trying a new food is more fun for kids when they pick it out themselves. Letting kids help as you prepare food also improves children's willingness to try new foods.

- When you are introducing a new food to your children, encourage them to try at least a bite or two. But stay away from forcing your children to taste if they are not interested. Remember, try and try again. Some kids need to try a new food many times before they like it. It's normal for kids to be cautious at first.

- Family meals are important for everyone. Eat at a table. During mealtime, turn off the TV and your phone.

- Time snacks carefully—at least two to three hours before meals, and keep snacks small. If your child is still hungry, he or she can ask for more. Skip the urge to offer a snack to quiet tears or reward behavior. These practices can lead to emotional overeating later on.

- Healthy food choices aren't the only thing needed to raise healthy kids. Children should be physically active at least 60 minutes each day. Limit screen time and media use (this includes watching TV, movies, playing video games, and computer time). The American Academy of Pediatrics strongly discourages media use for children 2 years old or younger. For older children, the Academy advises no more than 1 to 2 hours per day of educational, nonviolent programs, which should be supervised by parents or other responsible adults in the home. They also discourage parents from placing a television set in their child's bedroom.

For more specific information on food and nutrition for you and your family, go to:
www.choosemyplate.gov/preschoolers.html

Find more fun resources at these websites:

www.teamnutrition.usda.gov

www.choosemyplate.gov/preschoolers.html

United States Department of Agriculture, Food and Nutrition Service
FNS 405, May 2009, Revised October 2012

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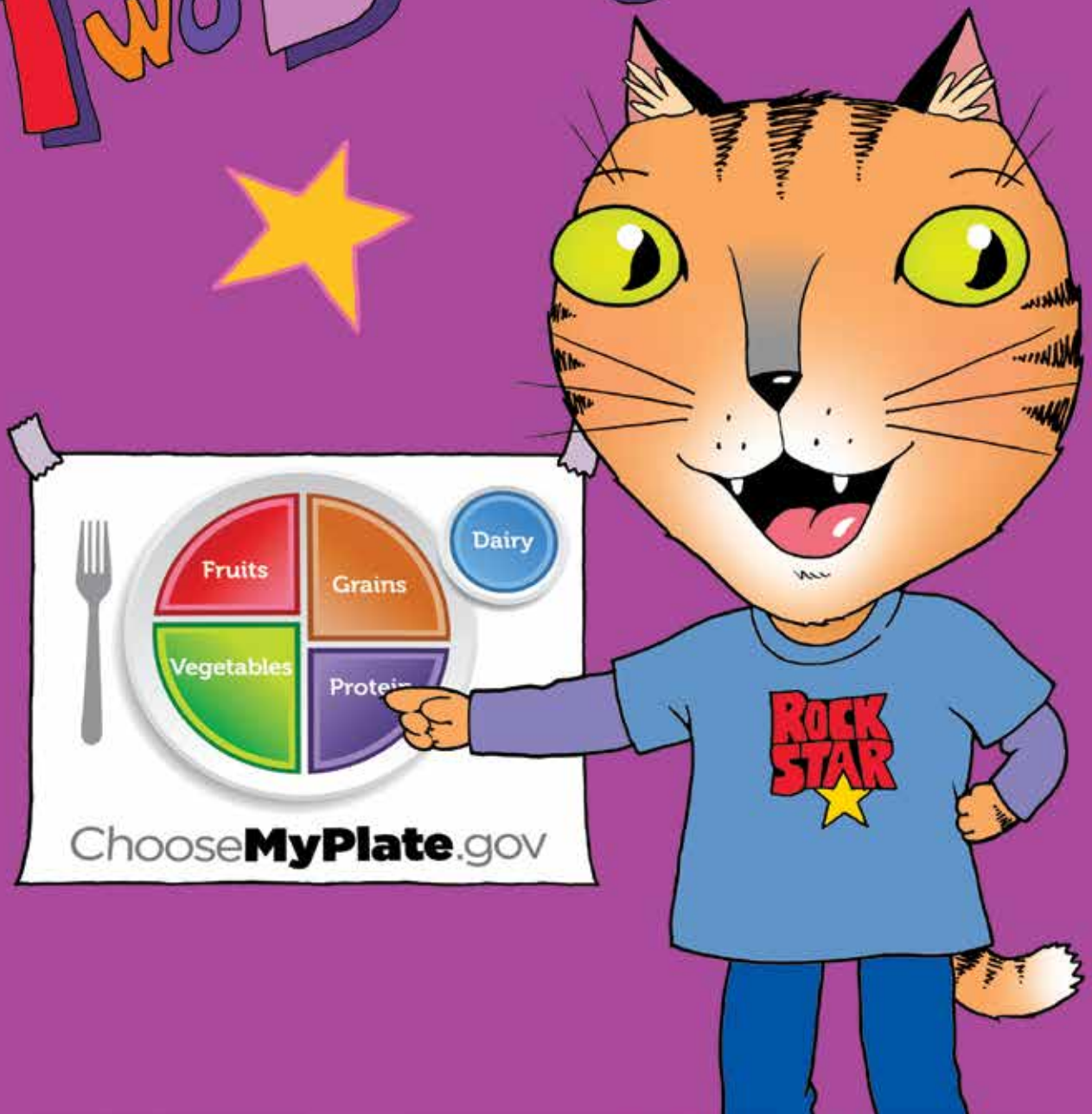
The Two Bite Club



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