

**Give me**

**5**

**a day!**



*This book belongs to:*



# **Give me 5 a day!**

by

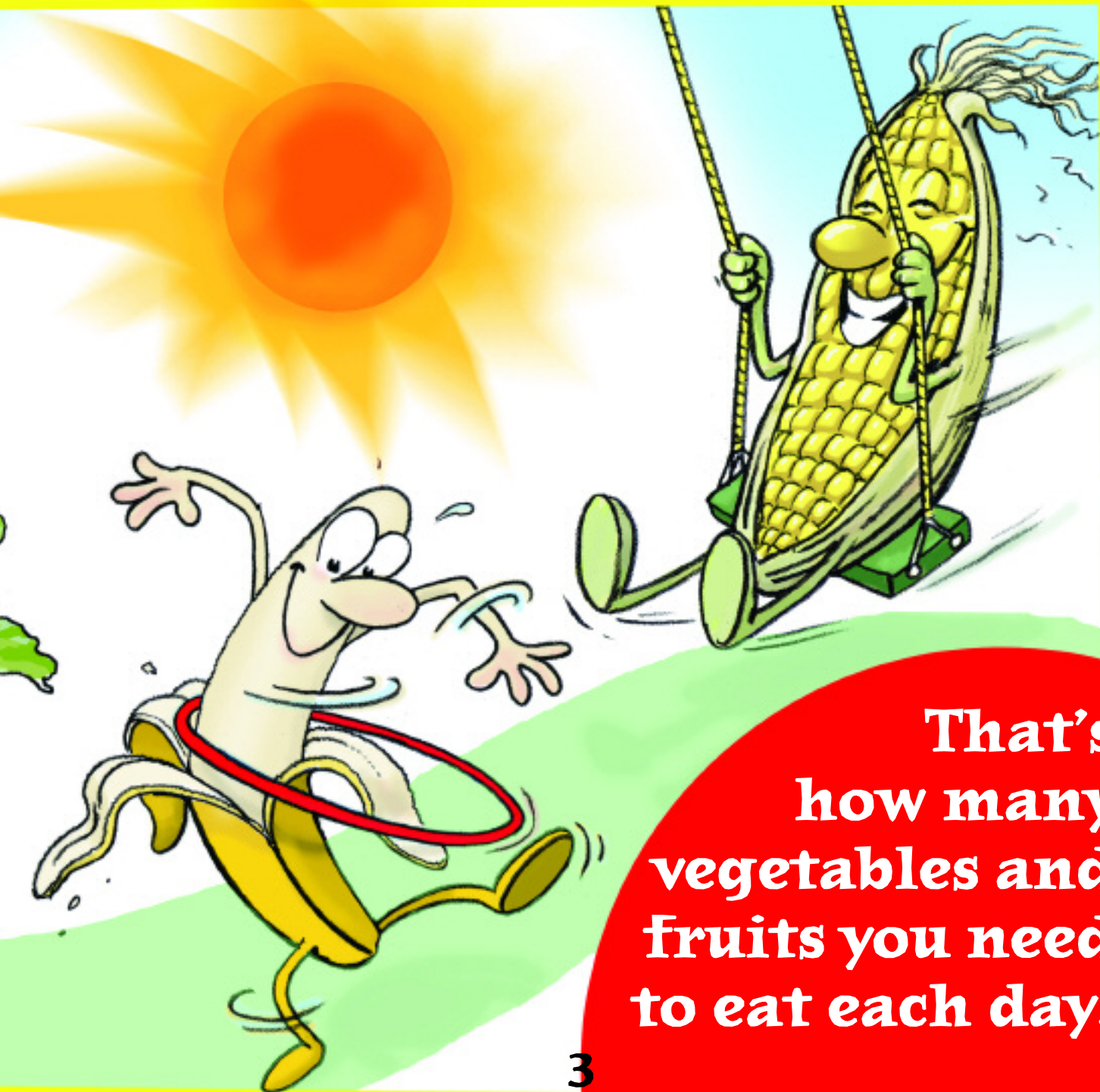
**Kathy Reeves, M.S., R.D., Brenda Crosby, R.D.,  
Jennifer Hemphill, M. Elizabeth Hoffman, M.A.**

illustrated by

**Bill Celandor**

**Give me 5!  
Give me 5!  
Give me 5 a day!**



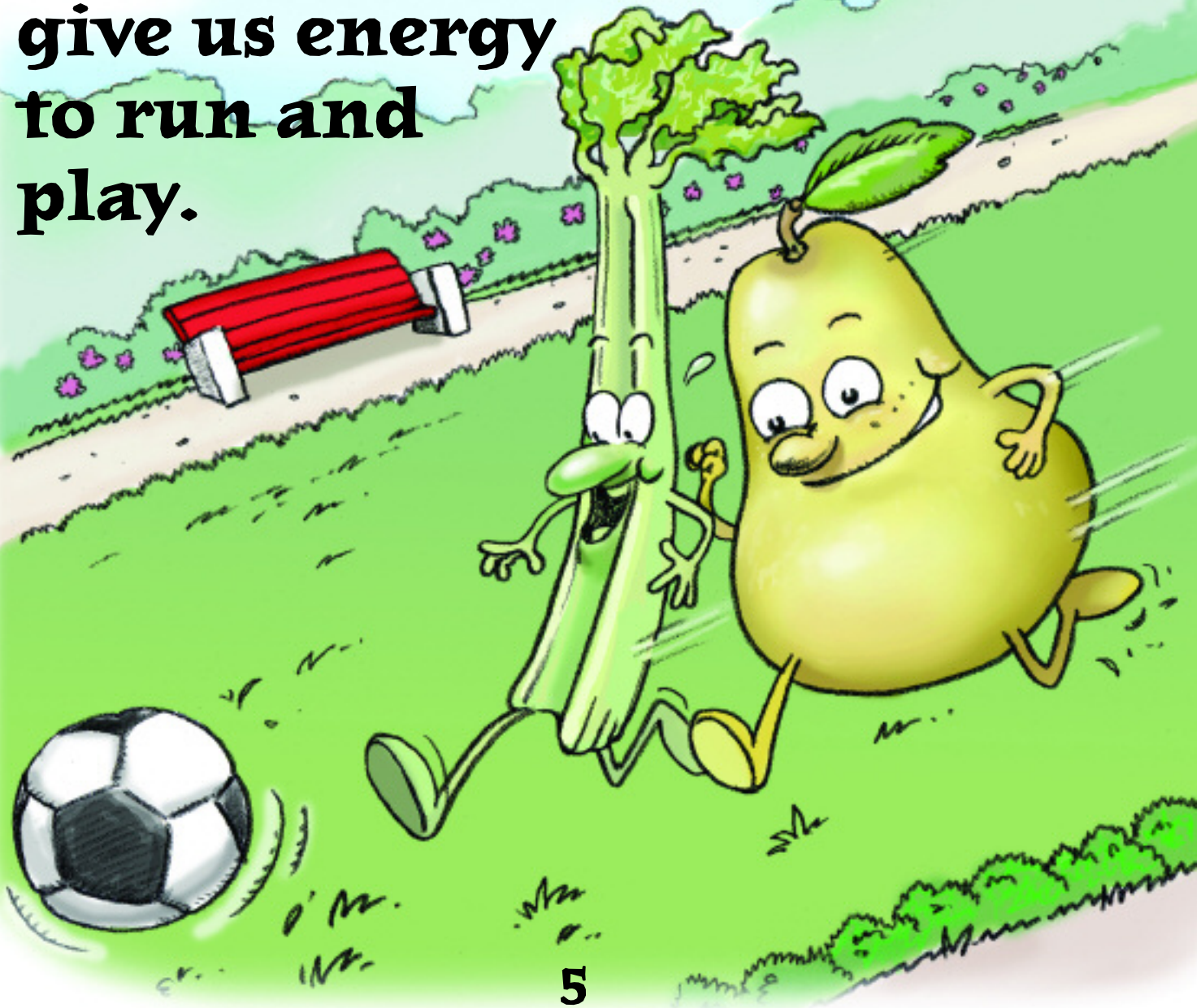


**That's  
how many  
vegetables and  
fruits you need  
to eat each day.**



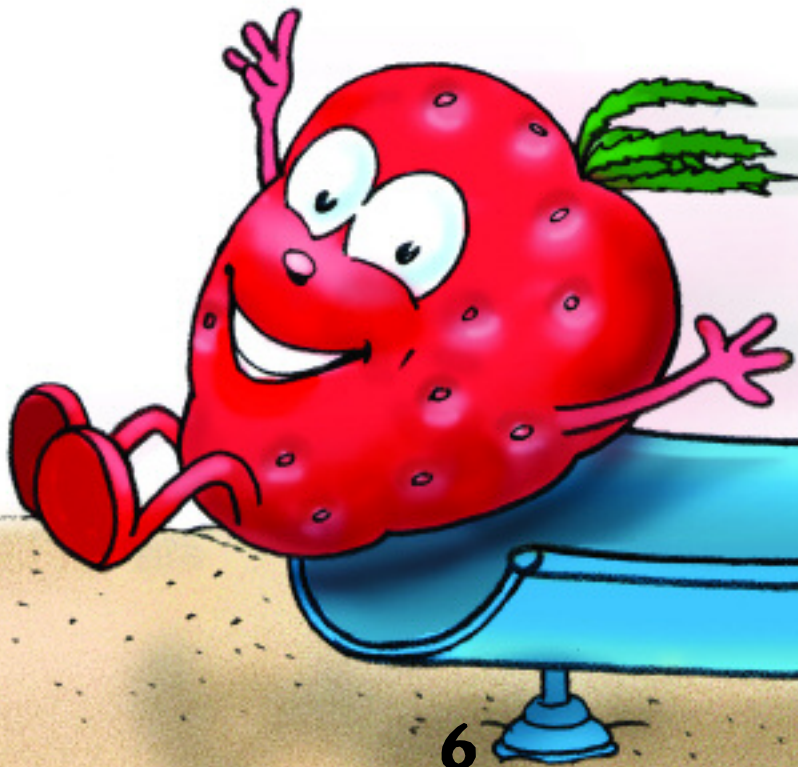
**Vegetables and fruits  
keep our families healthy.**

**Vegetables and fruits  
give us energy  
to run and  
play.**



**Give me 5! Give me 5!  
Give me 5 a day!**

**That's how many  
vegetables and fruits you  
need to eat each day.**







# Let's count to 5!



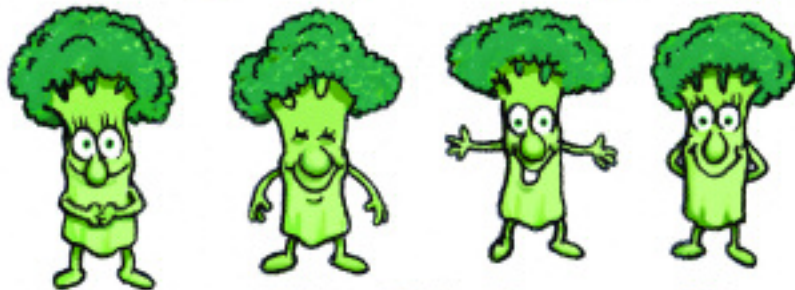
1



2



3



4



5

**Let's jump  
up and down  
5 times.**



Let's turn around  
5 times.

5



1



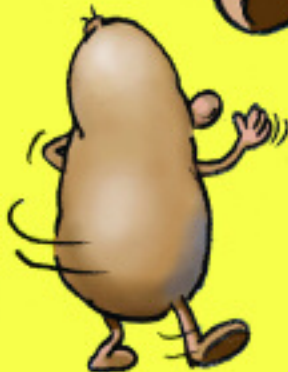
4



2

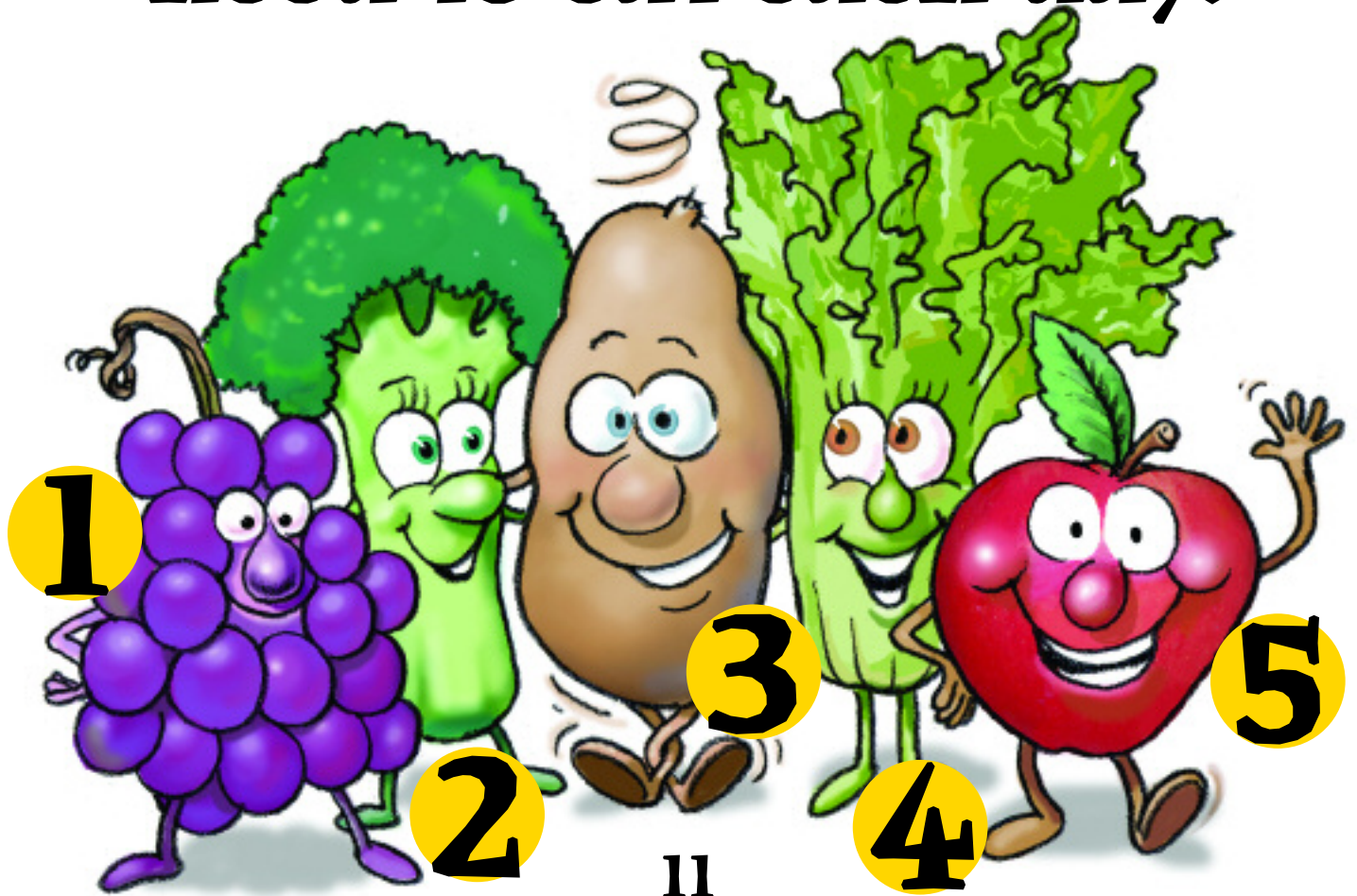


3

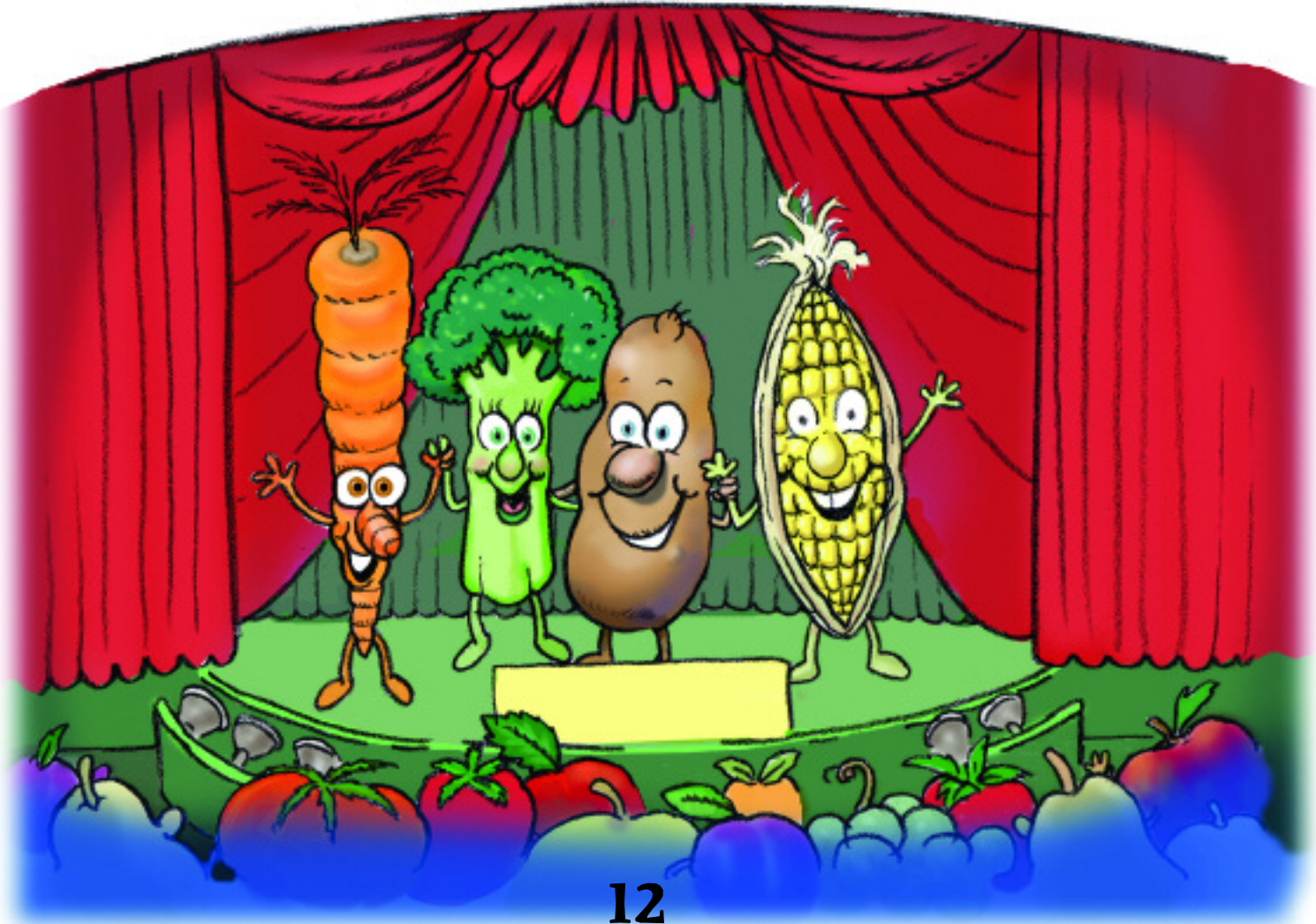


**5 . . . 5 . . . 5 . . .**

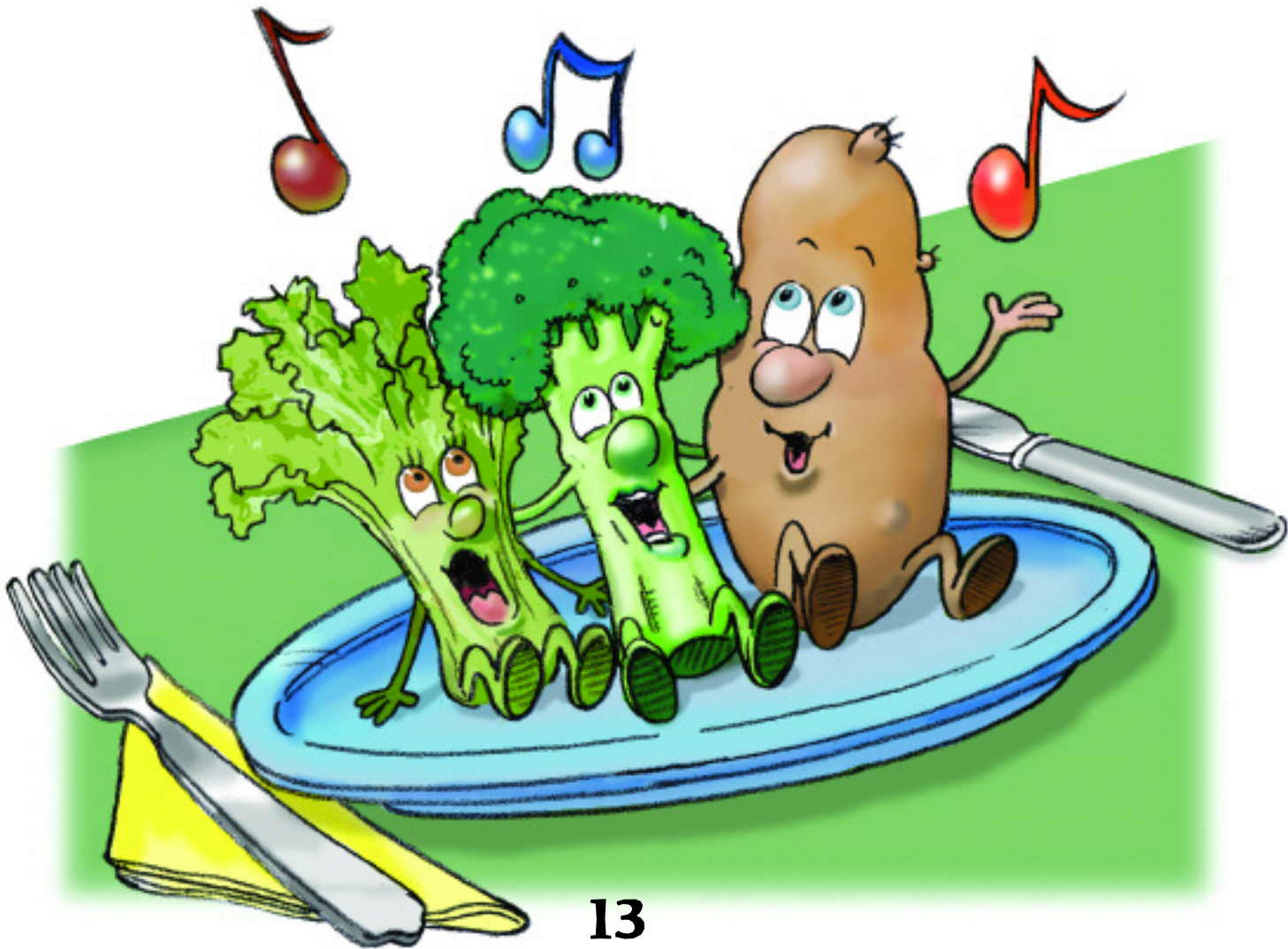
**That's how many  
vegetables and fruits you  
need to eat each day.**



**What is a vegetable?**  
**Carrots, broccoli, potatoes and**  
**corn just to name a few.**  
**What vegetables do you like to eat?**



**You need to eat at least 3  
vegetables each day.**

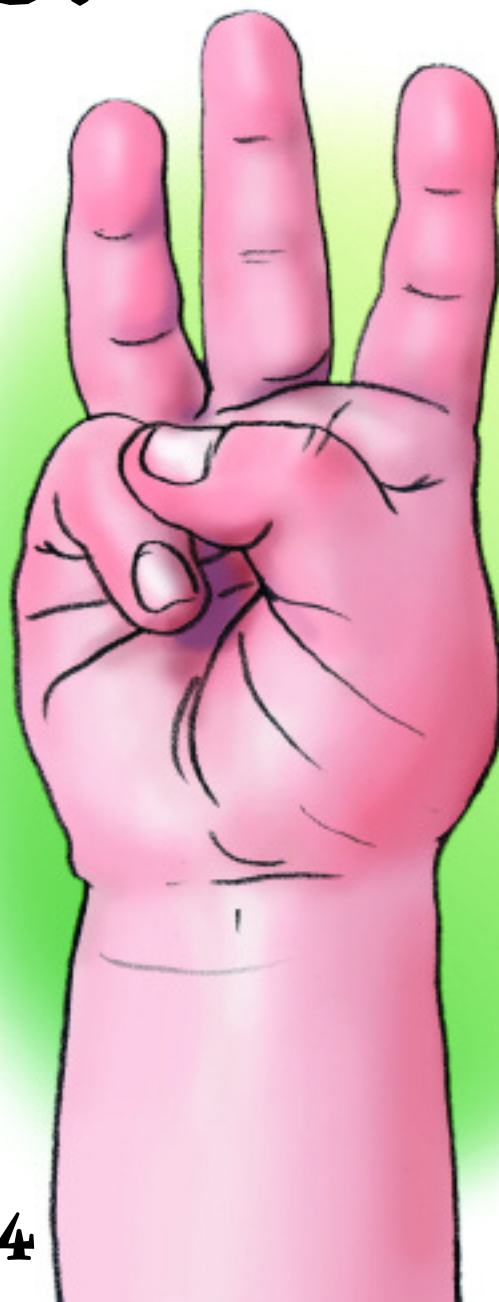


**Let's count to 3!**

**1 vegetable**

**2 vegetables**

**3 vegetables**



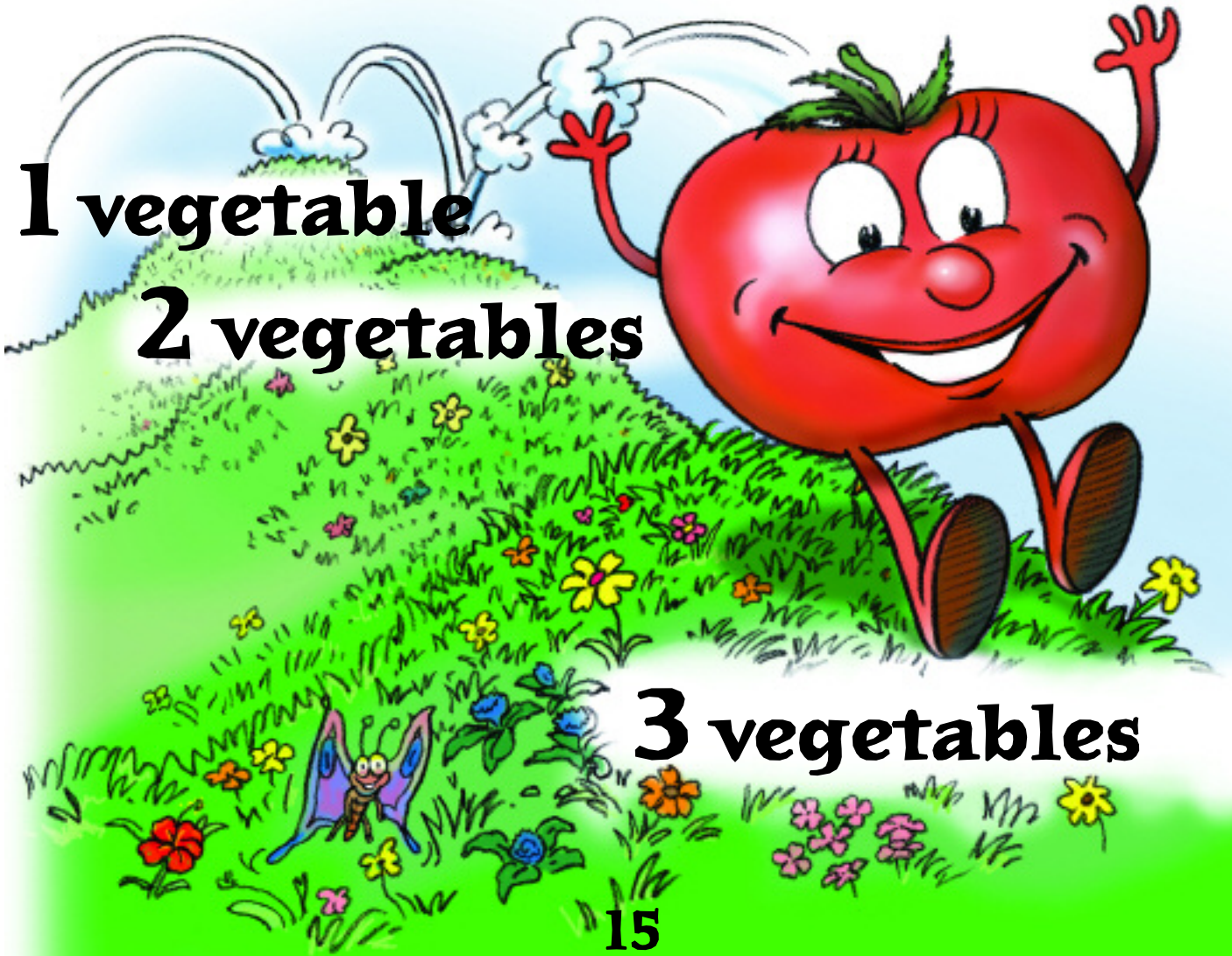


**Let's jump up and down  
3 times.**

**1 vegetable**

**2 vegetables**

**3 vegetables**

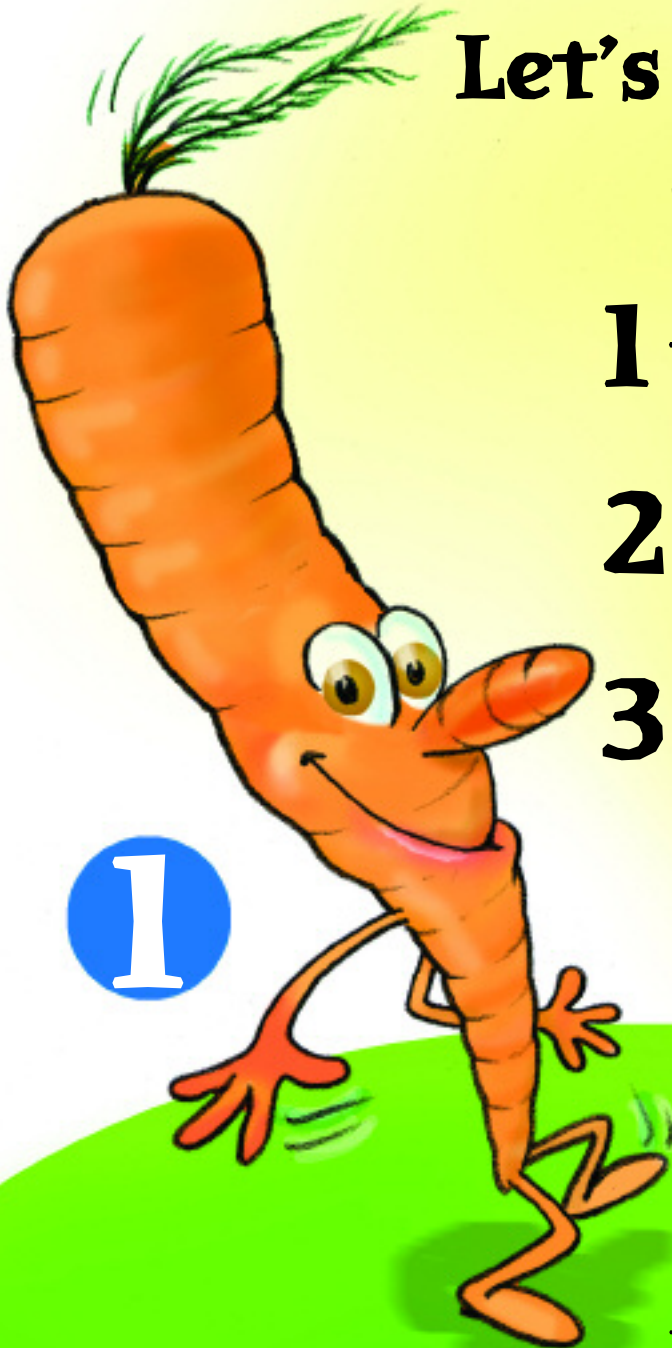


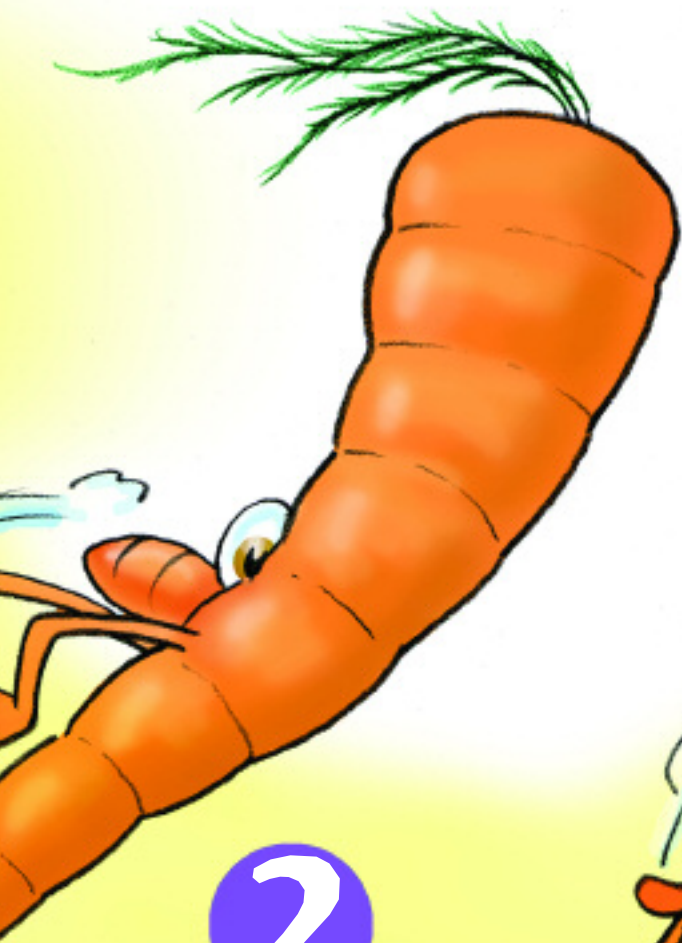
**Let's turn around  
3 times.**

**1 vegetable**

**2 vegetables**

**3 vegetables**





2




3

# What is a fruit?

**Bananas, grapes, strawberries and oranges just to name a few.**

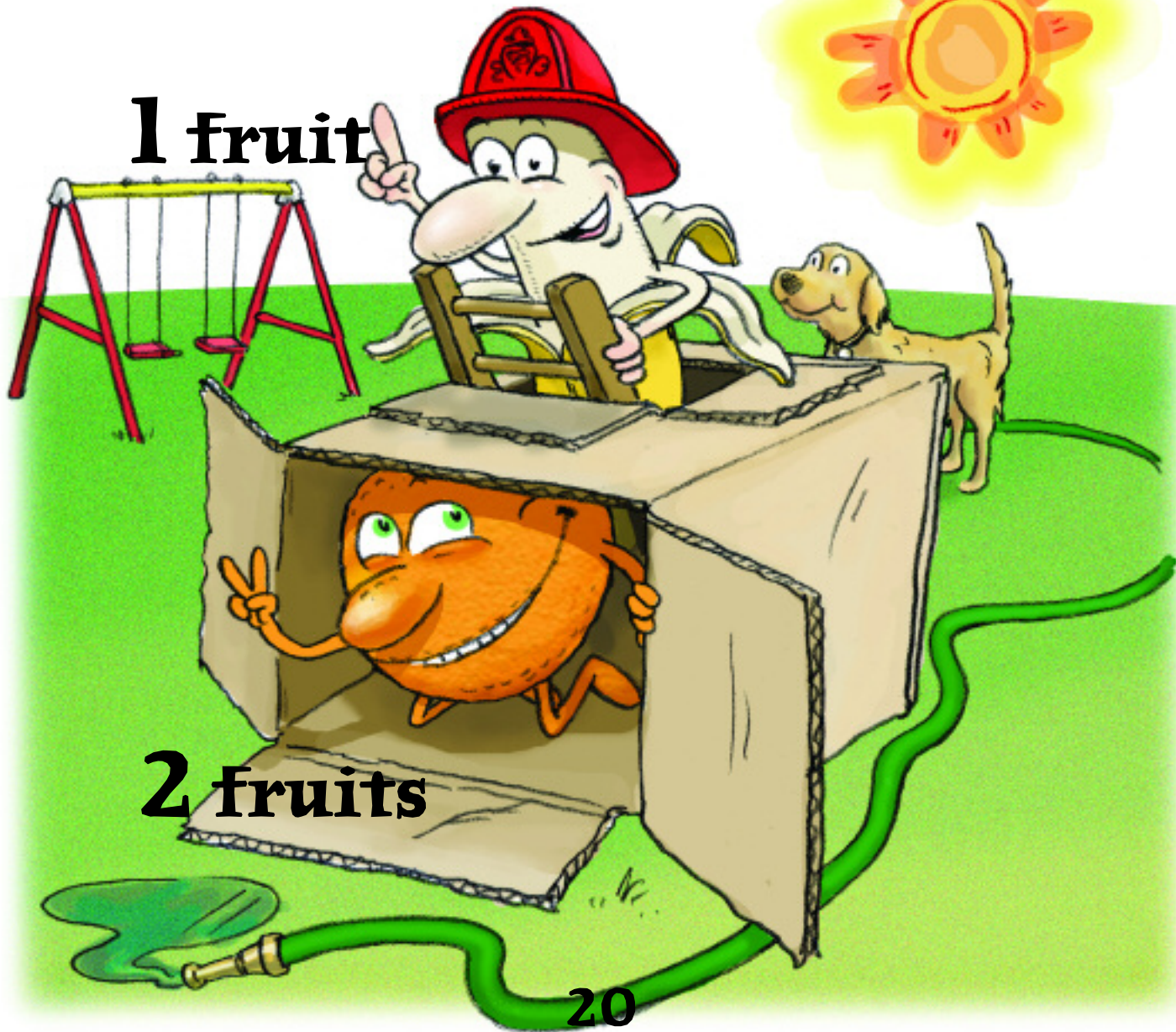


A cartoon orange character with a large, expressive face, wide eyes, and a smiling mouth. It is holding a yellow pom-pom on a blue stick in its right hand. The character is positioned on the left side of the page, with a large, light-colored speech bubble on the right. The background is a vibrant red with a yellow gradient at the bottom. The overall style is bright and colorful, typical of children's educational materials.

**You need to  
eat at least  
2 fruits each  
day. What  
fruits do you  
like to eat?**

**Let's count to 2!**

**1 fruit**

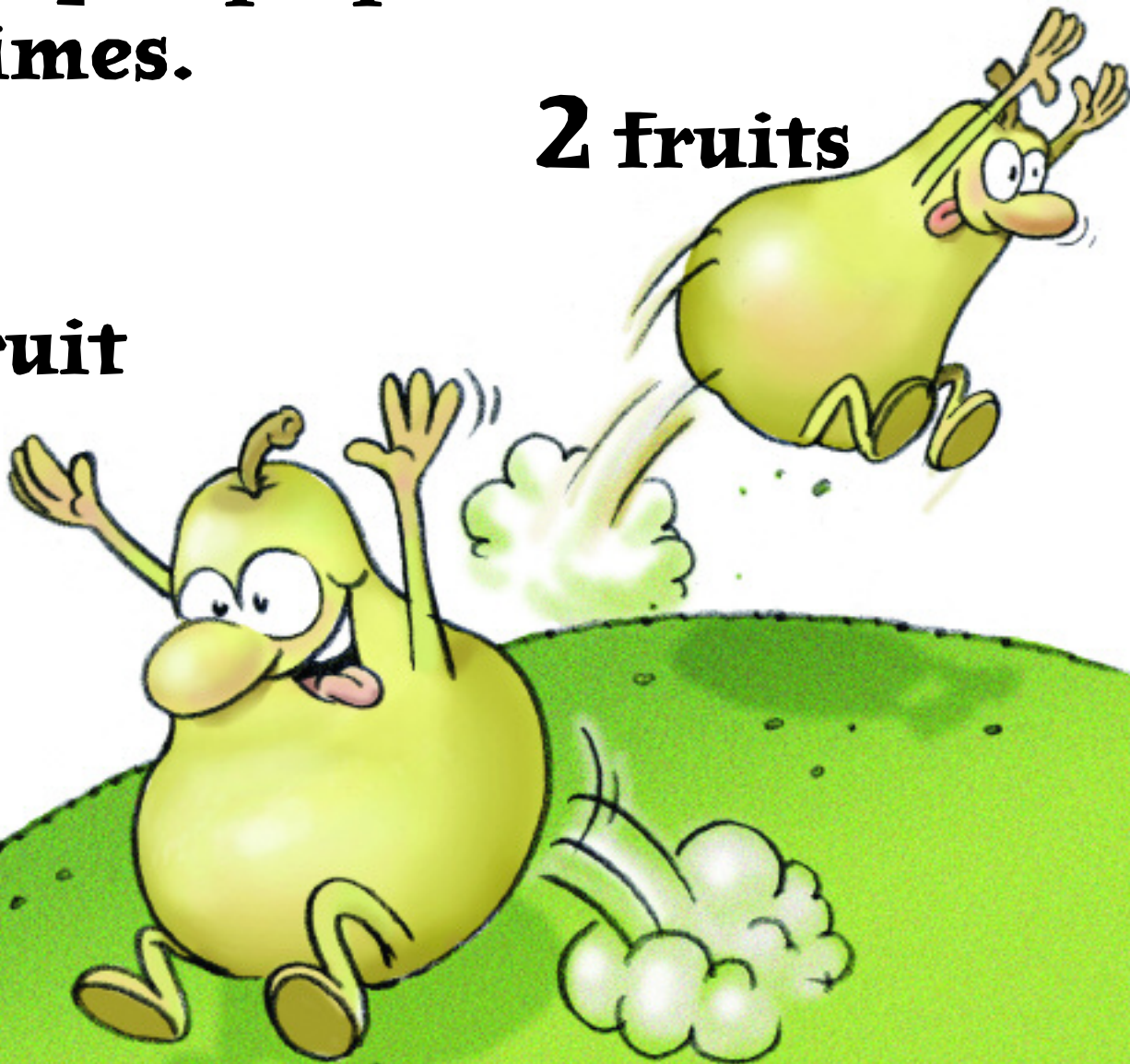


**2 fruits**

**Let's jump up and down  
2 times.**

**2 fruits**

**1 fruit**



Let's turn around 2 times.



**1 fruit**

**1**



**2 fruits**



**2**

When you add it all  
together you have:

3 vegetables

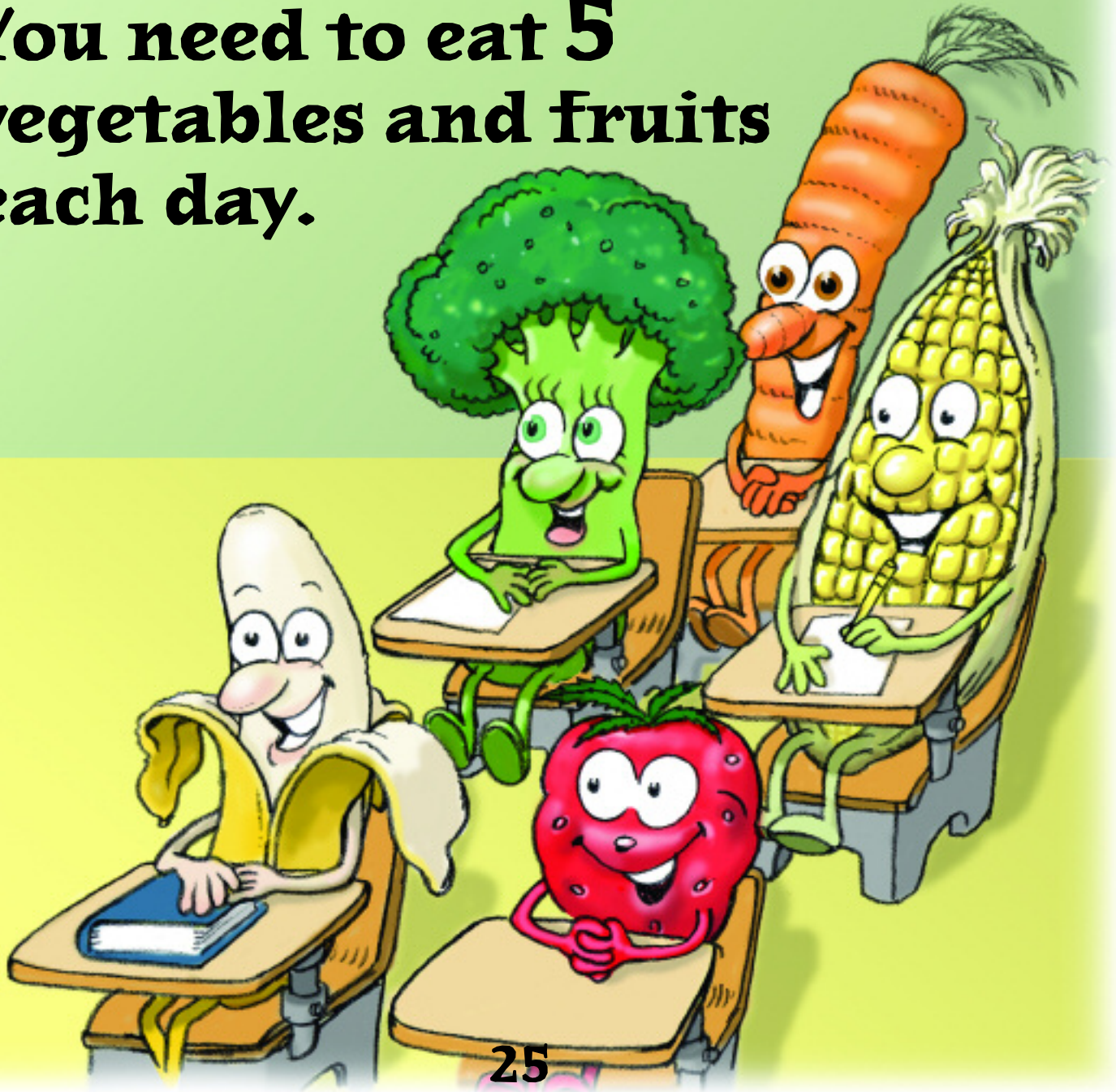
+ 2 fruits

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5 a day



**You need to eat 5  
vegetables and fruits  
each day.**



**Give me 5!  
Give me 5!  
Give me 5 a day!**







**Florida Department of Health**

Bureau of Child Nutrition Programs

Bureau of WIC and Nutrition Services

*These institutions are equal opportunity providers.*

**For more information visit our website, [www.doh.state.fl.us](http://www.doh.state.fl.us)**





read for health

Florida Department of Health