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FLORIDA HEALTH HIGHLIGHTS CHILDREN'S BOOK WEEK WITH "GIVE ME 5 A DAY" BOOK



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Tallahassee, Fla.—The Florida Department of Health is observing Children's Book Week on May 2-8 by highlighting a book created by department staff. "Give Me 5 A Day" emphasizes the importance of a healthy diet by eating the recommended portion of daily fruits and vegetables, and how a healthy diet fuels playing and learning.

"Ensuring that Florida's children learn to live healthy and active lifestyles is important to the progress of statewide health," said Interim State Surgeon General Dr. Celeste Philip. "This week provides us the opportunity to promote literacy and select positive books to share with our children and families. 'Give Me 5 A Day' is an entertaining starter book that empowers young children to seek out veggies and fruits; highly nutritional foods act as medicine and can prevent many illnesses as children grow and learn."

"Give Me 5 A Day" was written and illustrated by the department's Bureau of Child Nutrition Programs and the Bureau of WIC and Nutrition Services. The book is written for younger elementary aged students and can be downloaded in [English](#) and [Spanish](#).

Children's Book Week is an annual observance in early May that focuses on the national literacy initiative. For more information and ideas for events in your community, visit <http://www.bookweekonline.com/>.

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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