Give me 5 a day!
This book belongs to:
Give me 5 a day!

by

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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!
Let's jump up and down 5 times.
Let's turn around 5 times.
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
What is a fruit?

Bananas, grapes, strawberries and oranges just to name a few.
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.
2 fruits
When you add it all together you have:

3 vegetables
+ 2 fruits
\[ \text{5 a day} \]
You need to eat 5 vegetables and fruits each day.
Give me 5!
Give me 5!
Give me 5 a day!
The End!
Florida Department of Health

Bureau of Child Nutrition Programs
Bureau of WIC and Nutrition Services
These institutions are equal opportunity providers.

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