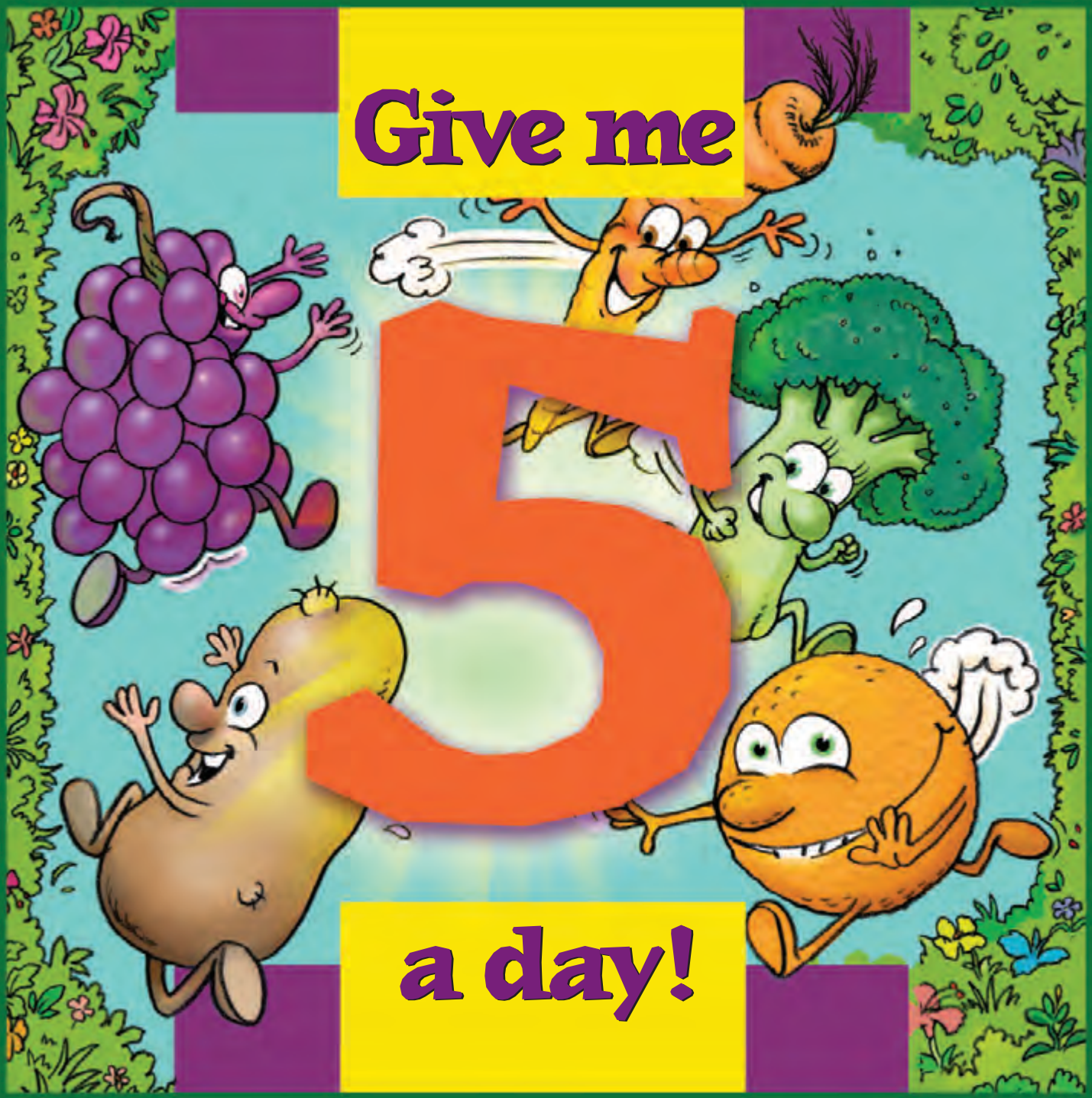

Give me
5
a day!

This book belongs to:

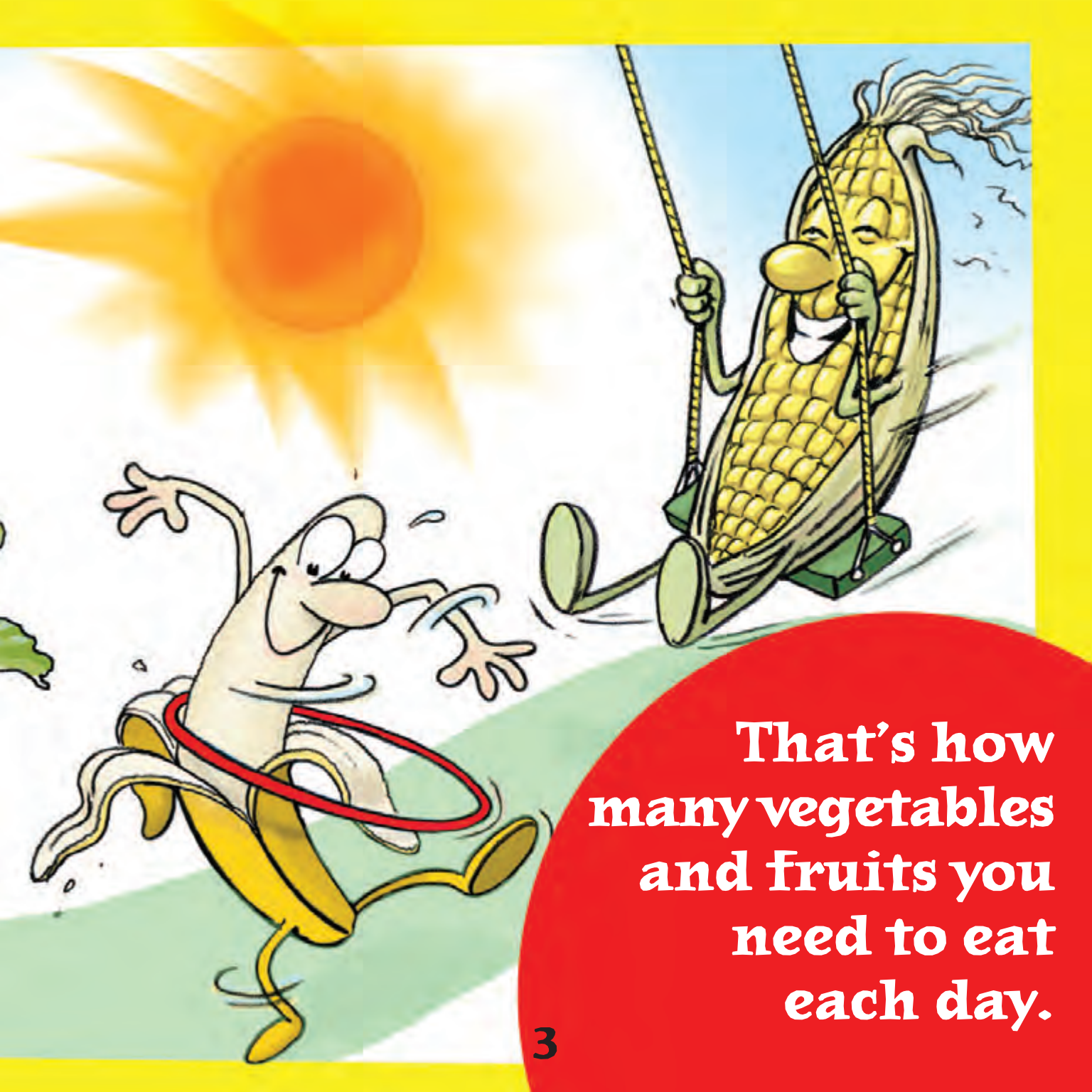
_____

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 Celander

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



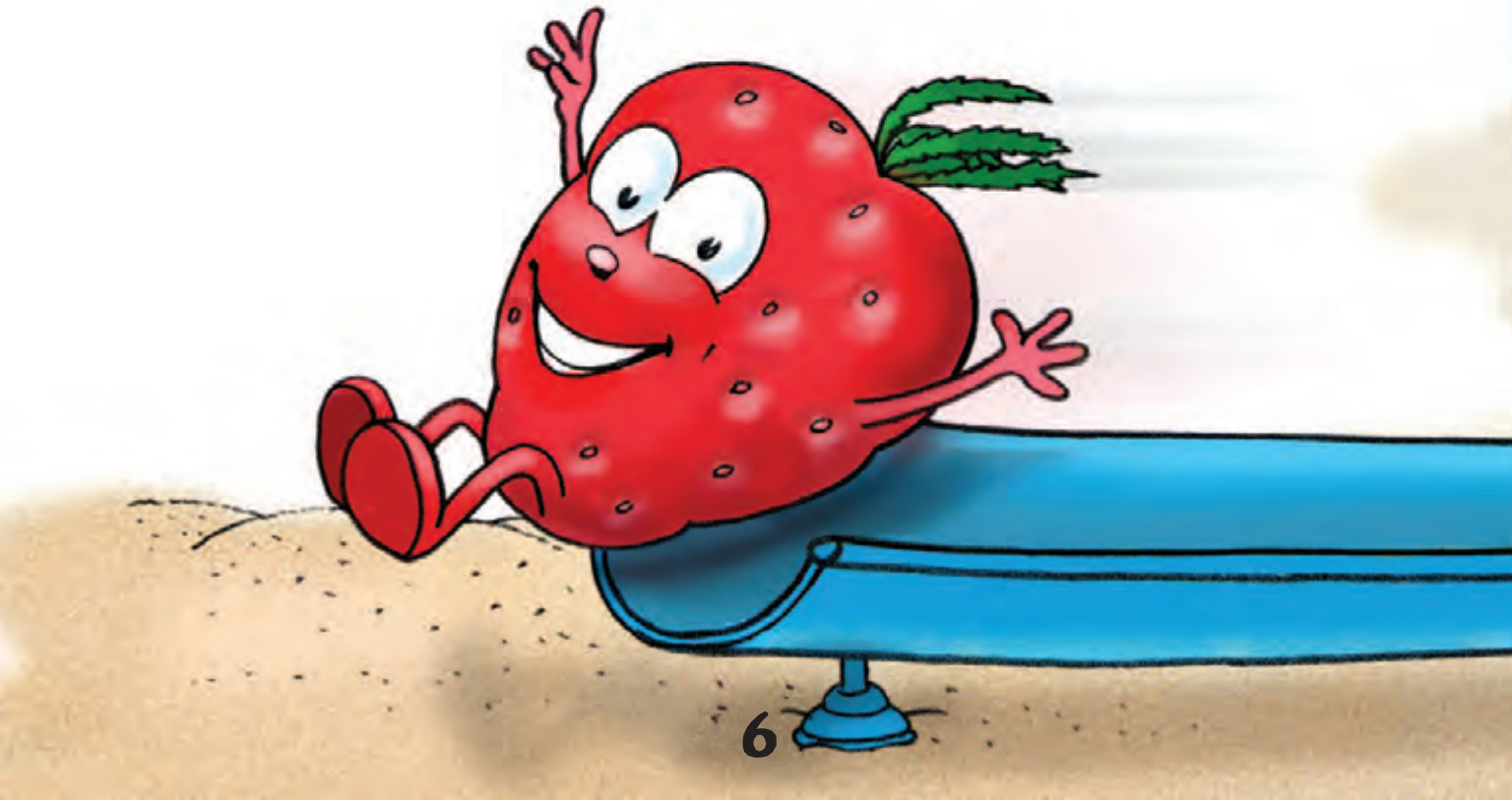
That's how many vegetables and fruits you need to eat each day.

Vegetables and fruits
keep our families healthy.

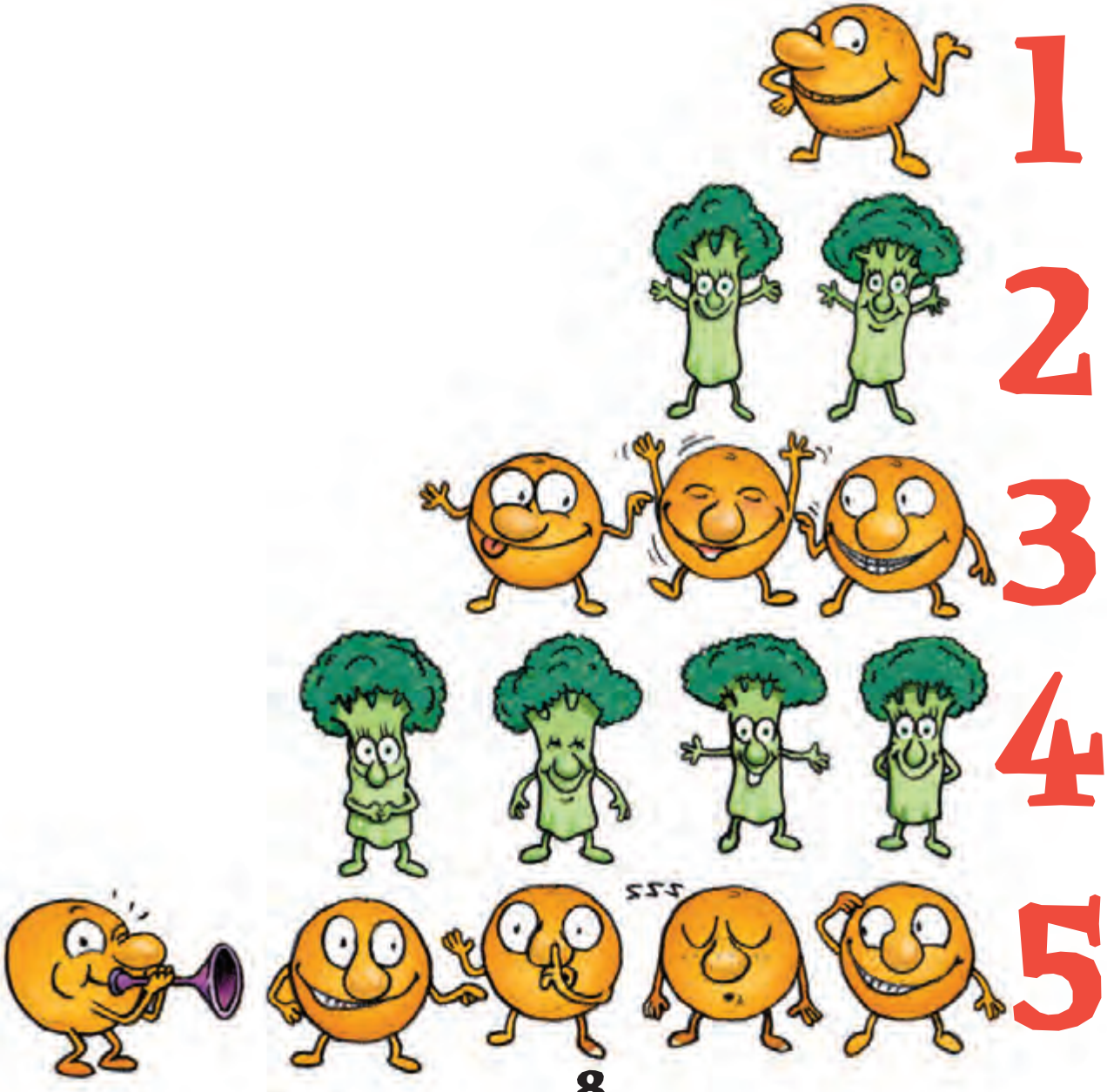
Vegetables and fruits give us energy to run and play.

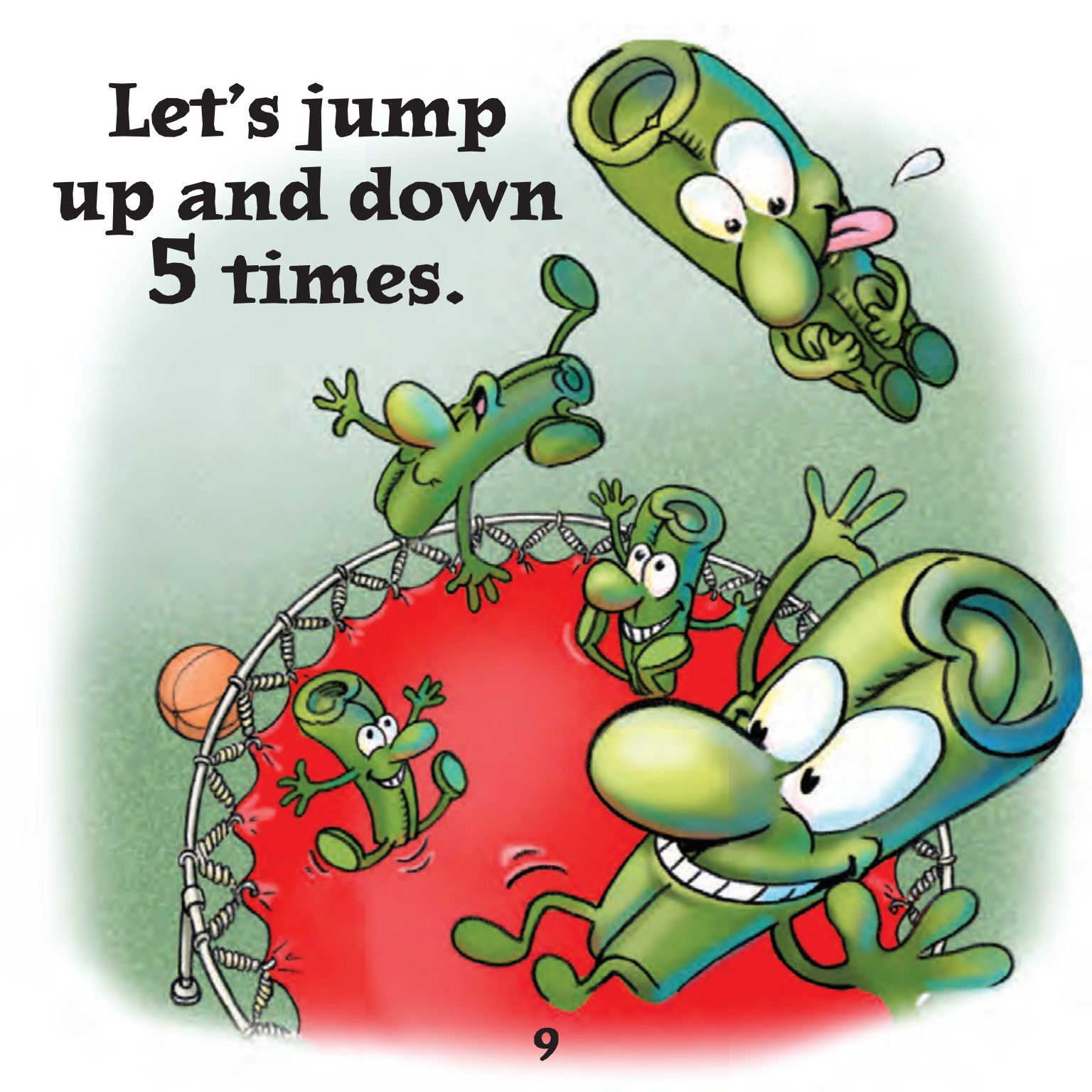
Give me 5! Give me 5!
Give me 5 a day!

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



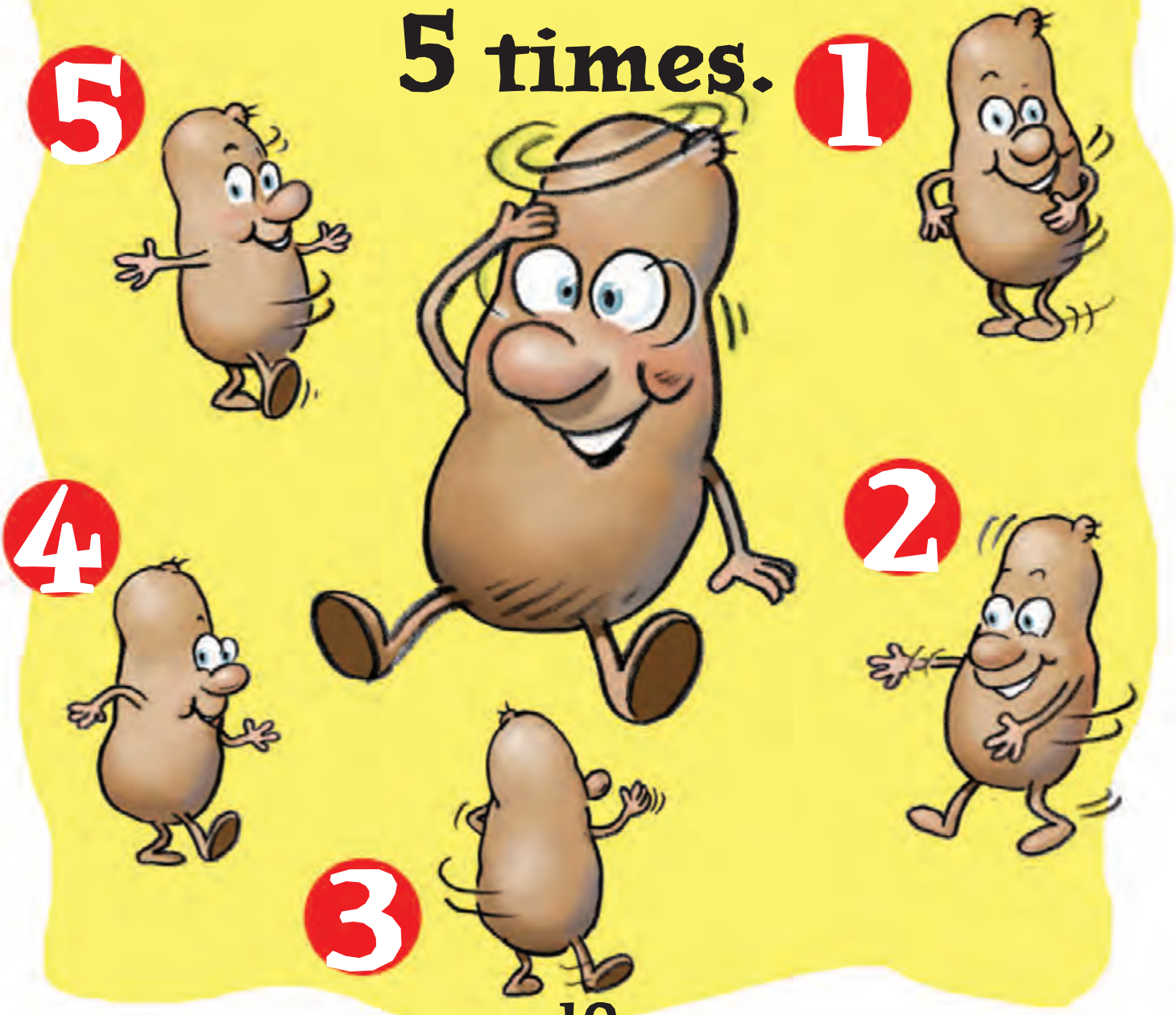
Let's count to 5!





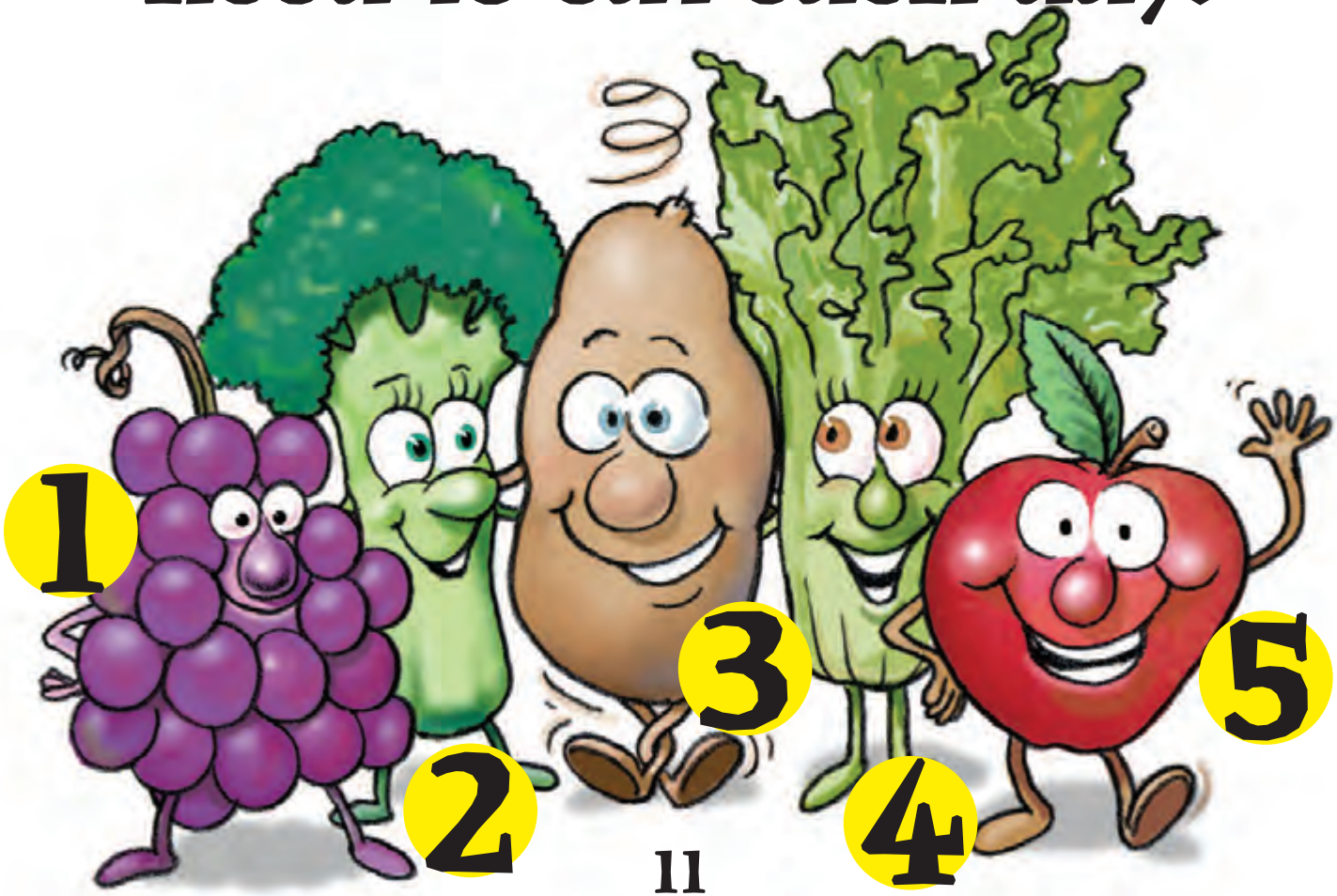
Let's jump up and down 5 times.

Let's turn around 5 times.

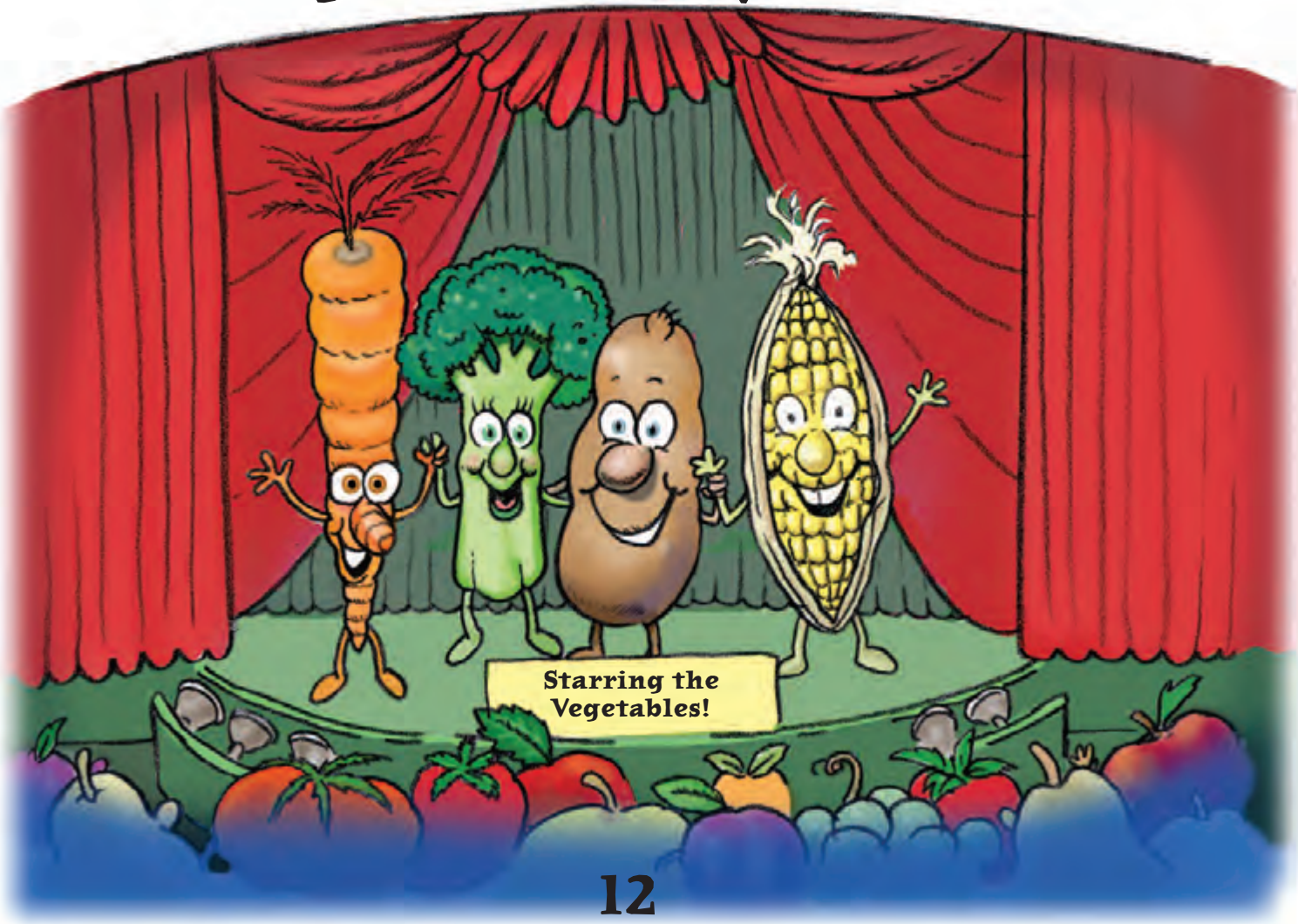


5. . .5. . .5. . .

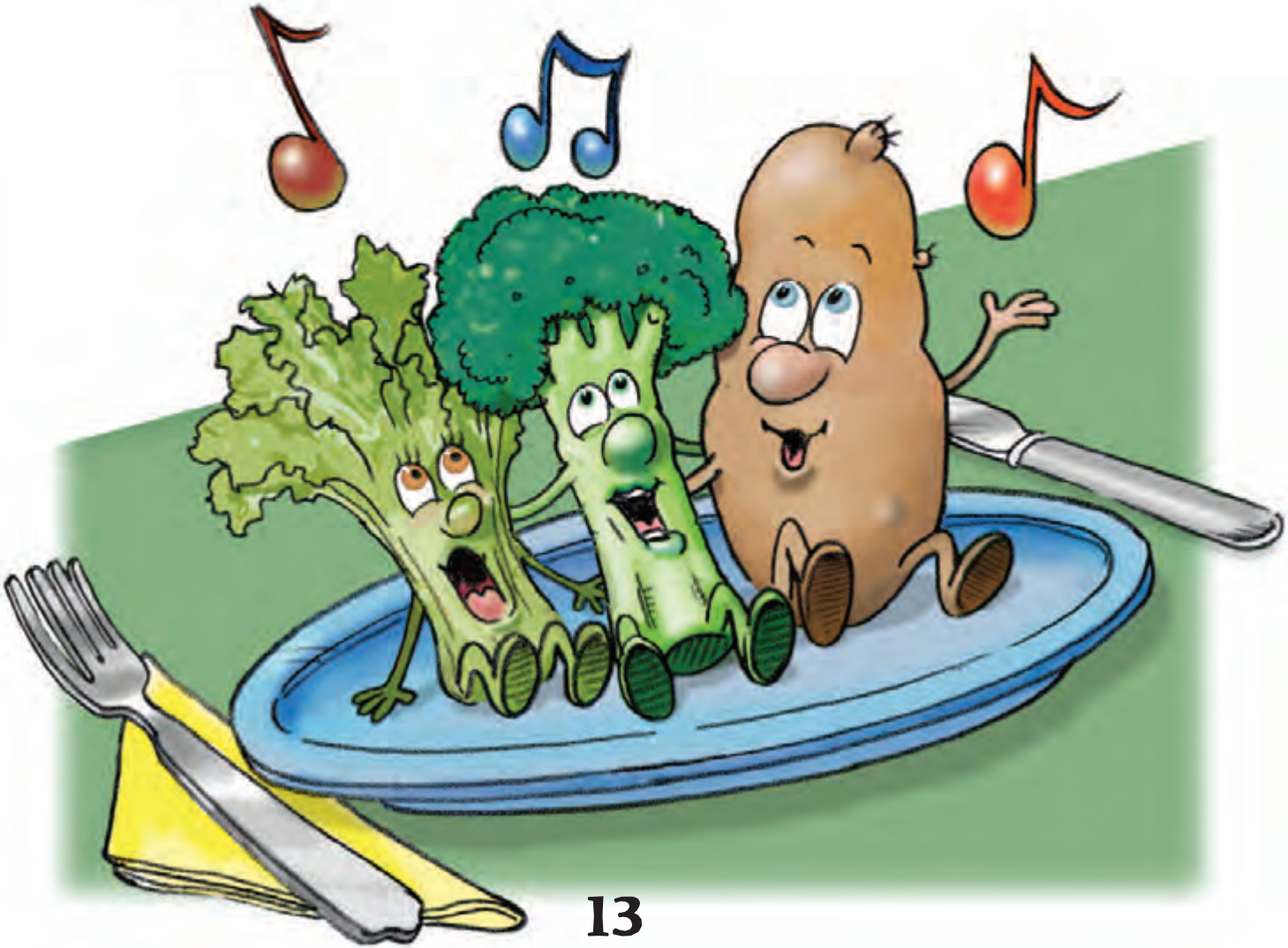
That's how many vegetables and fruits you need to eat each day.



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.

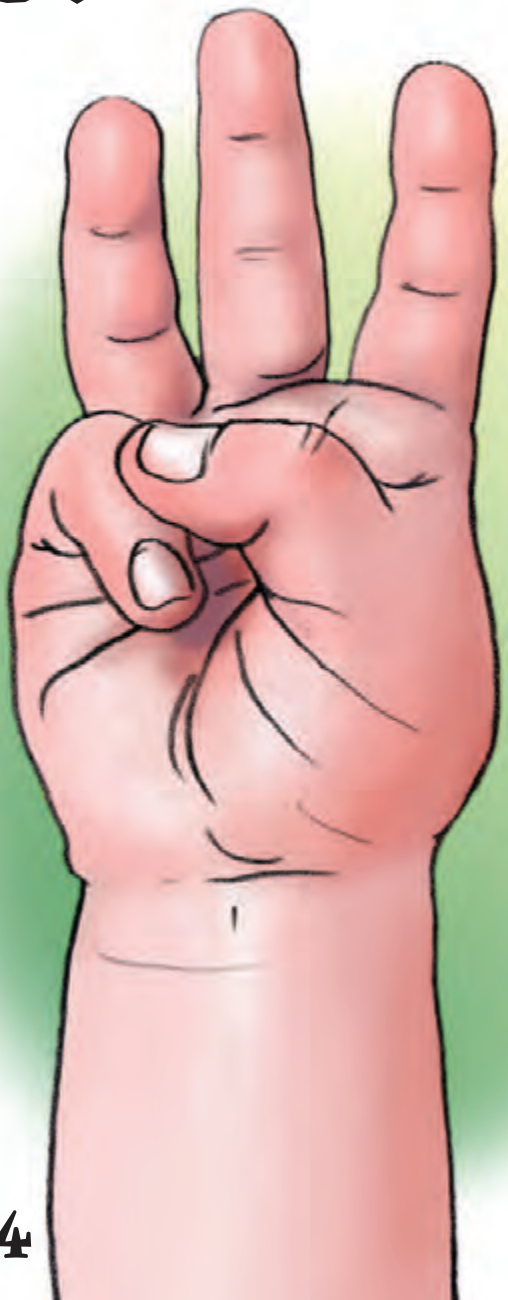


Let's count to 3!

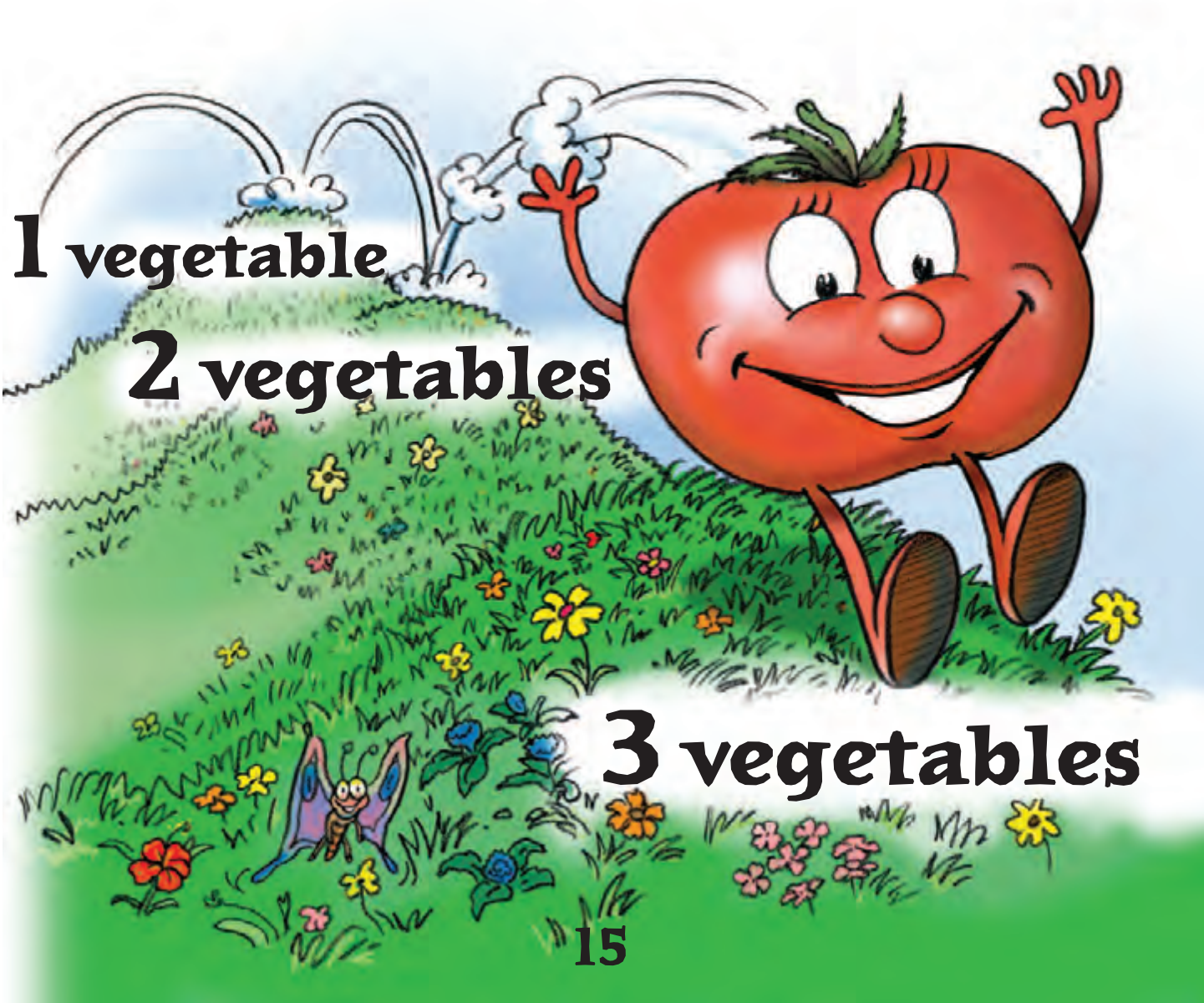
1 vegetable

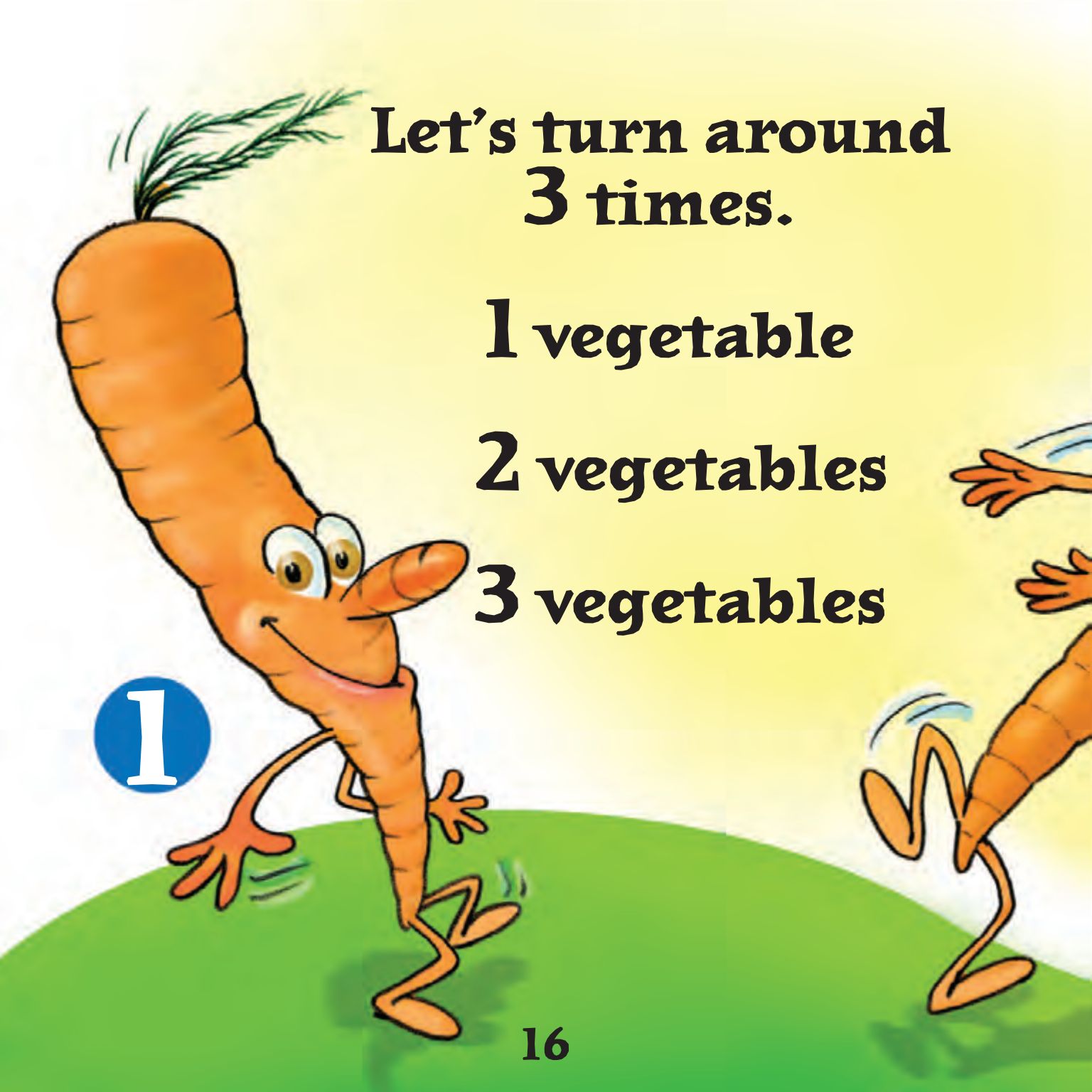
2 vegetables

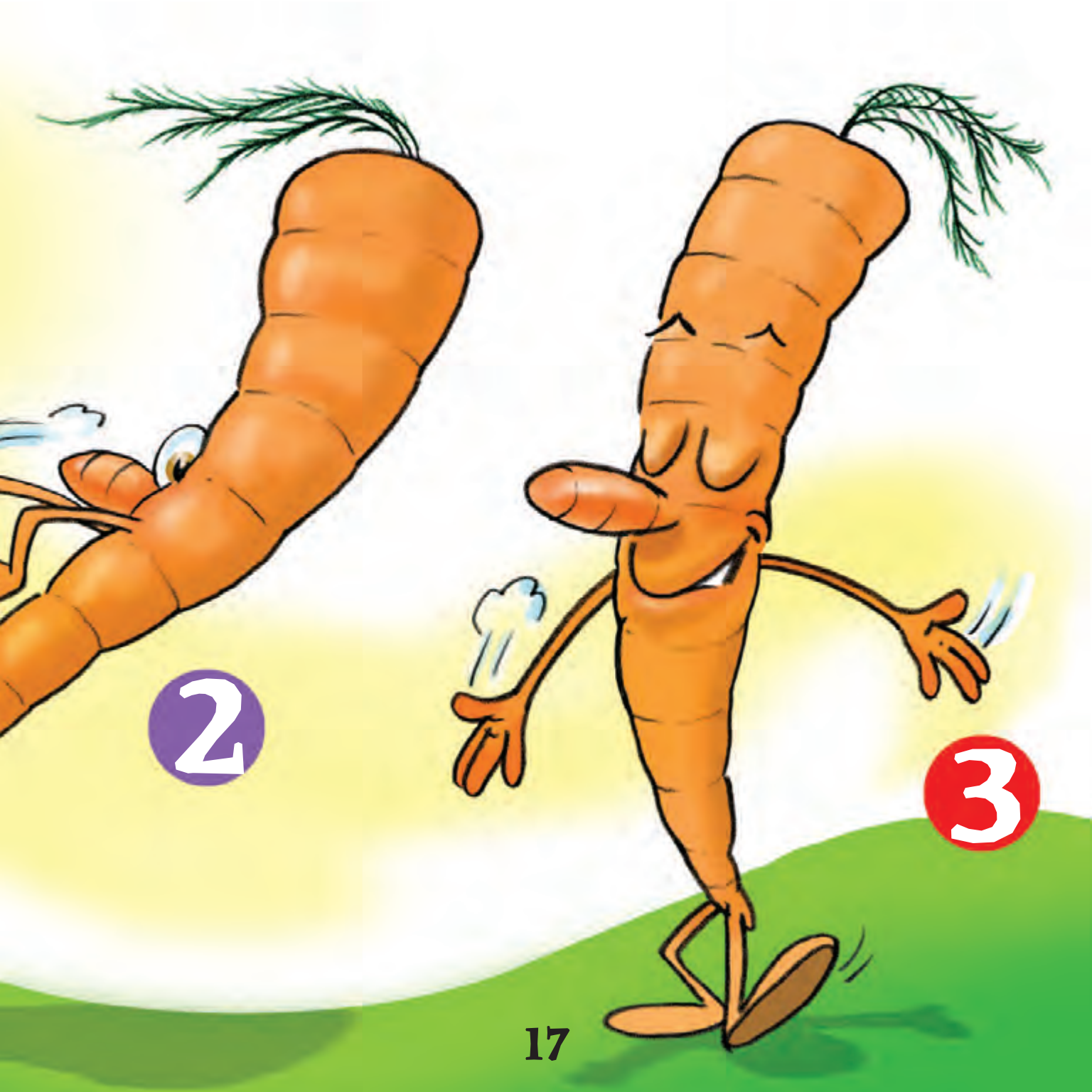
3 vegetables



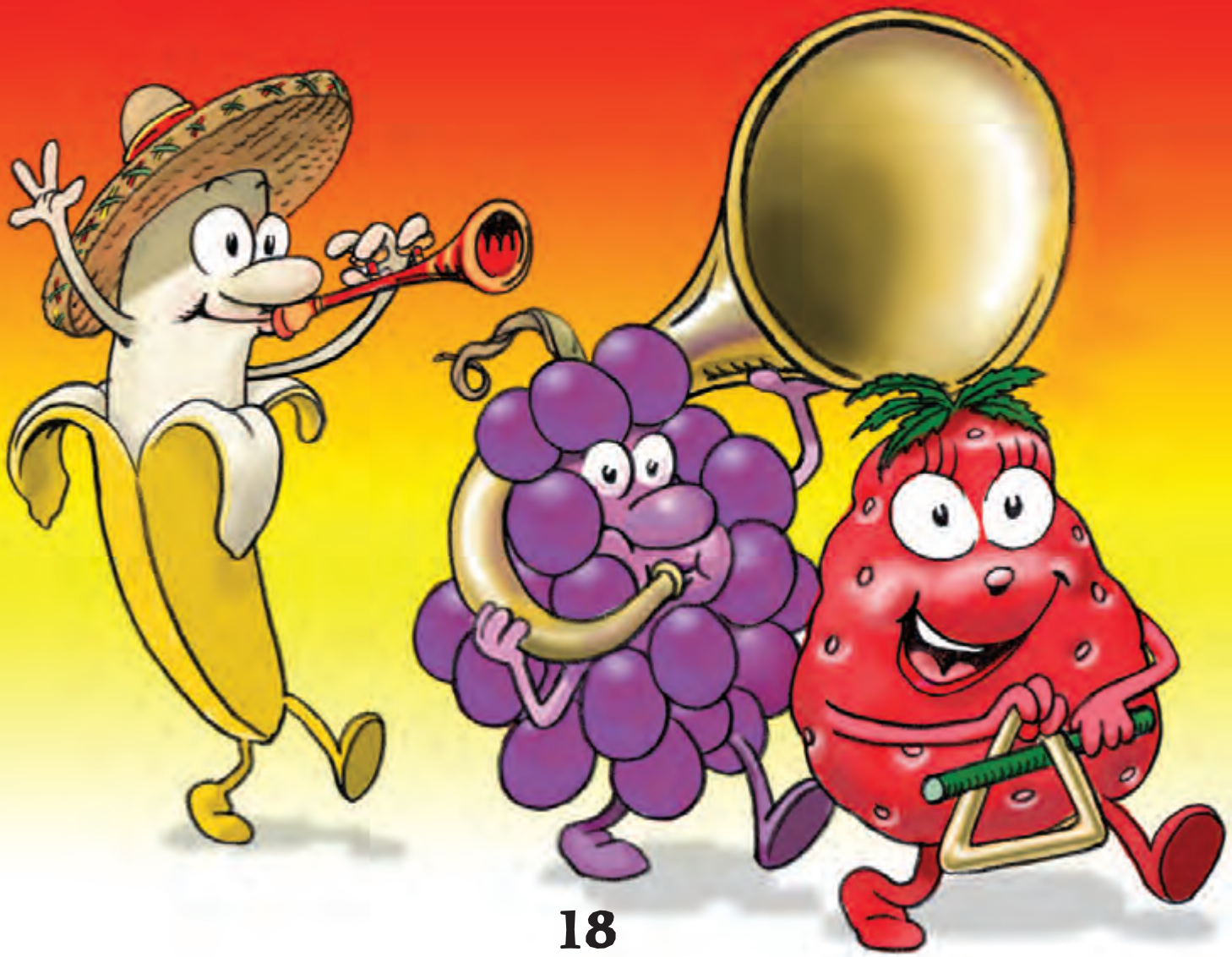
Let's jump up and down 3 times.




Let's turn around
3 times.
1 vegetable
2 vegetables
3 vegetables
1

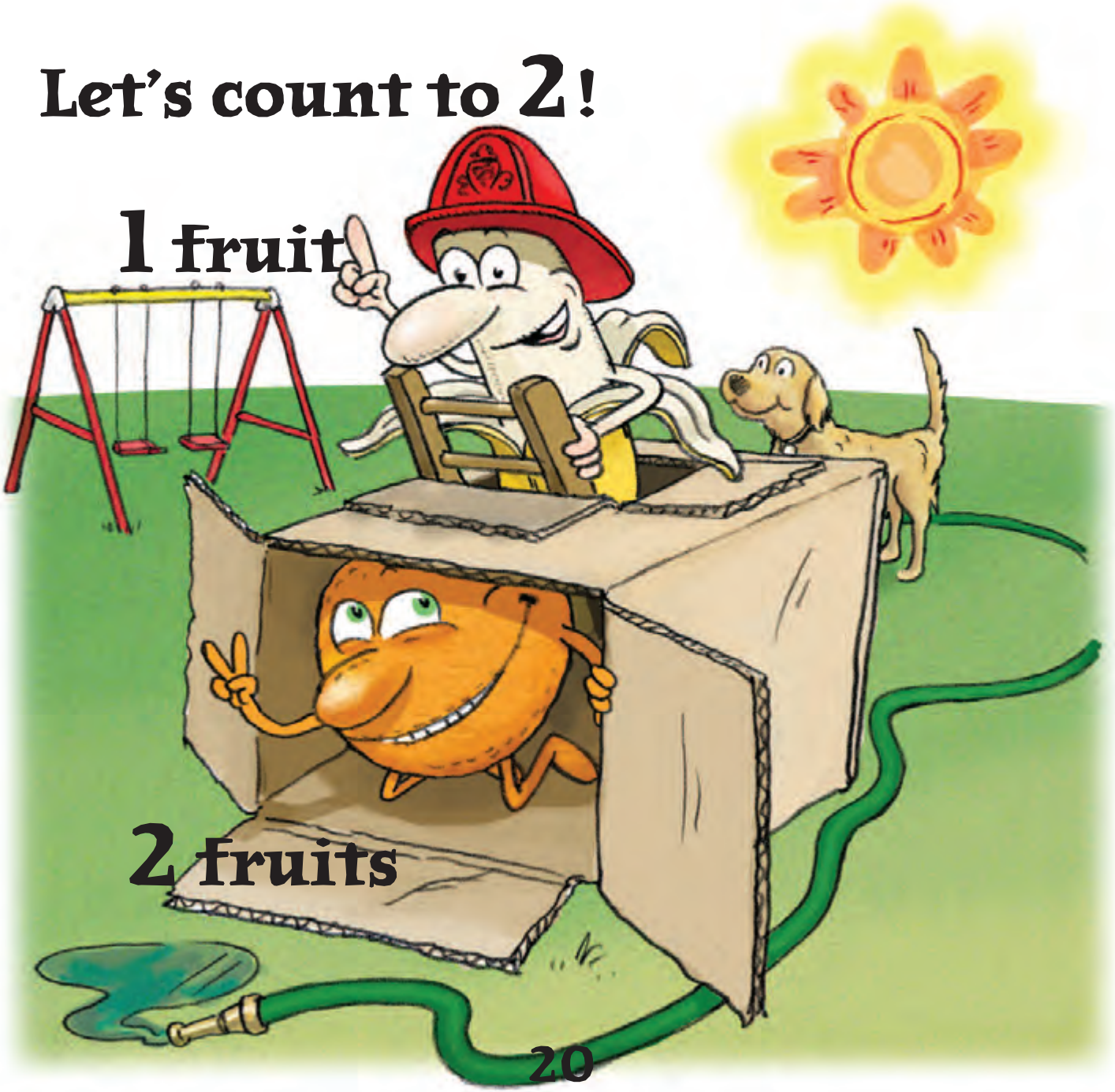

2
3

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?

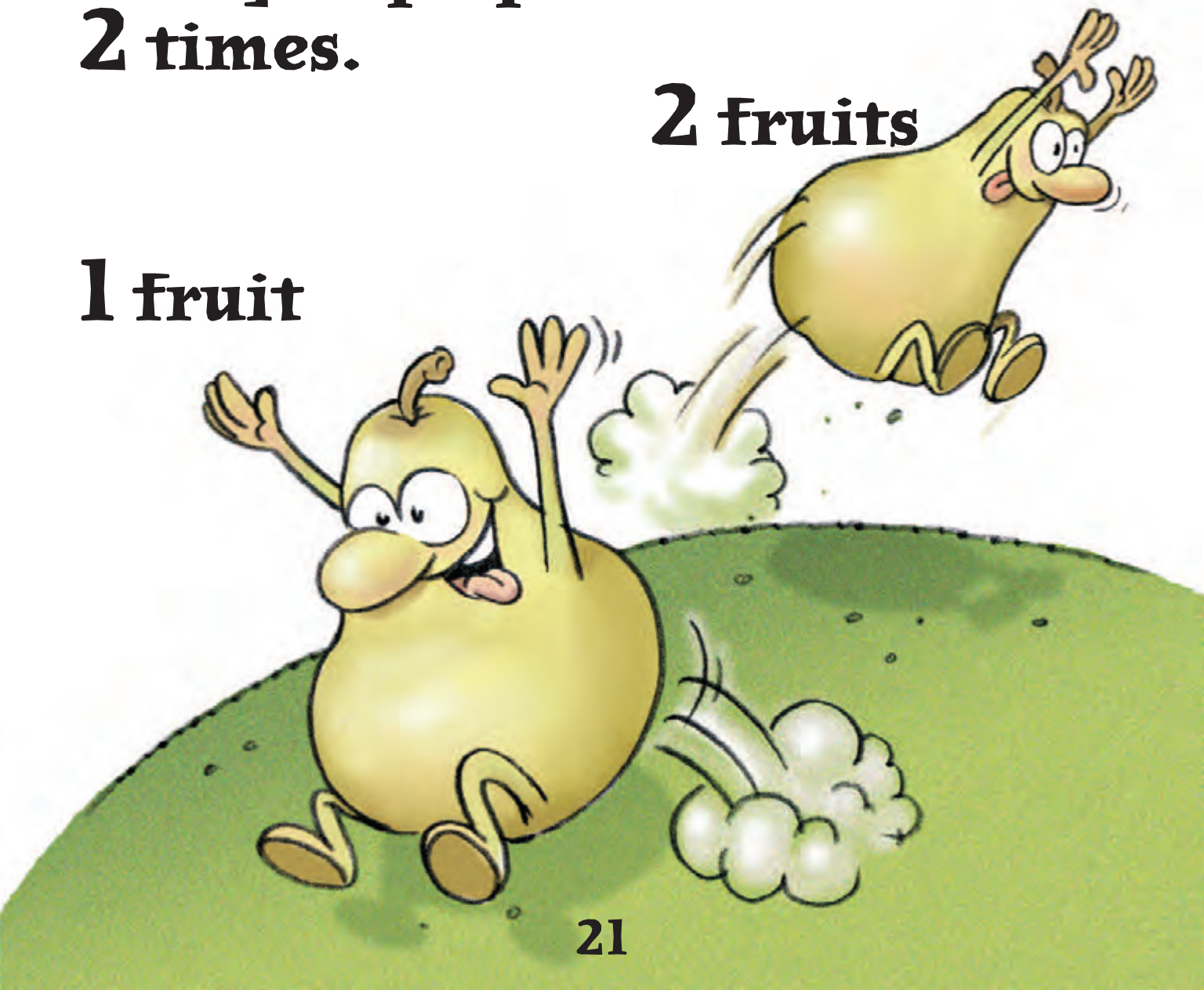
Let's count to 2!



Let's jump up and down
2 times.

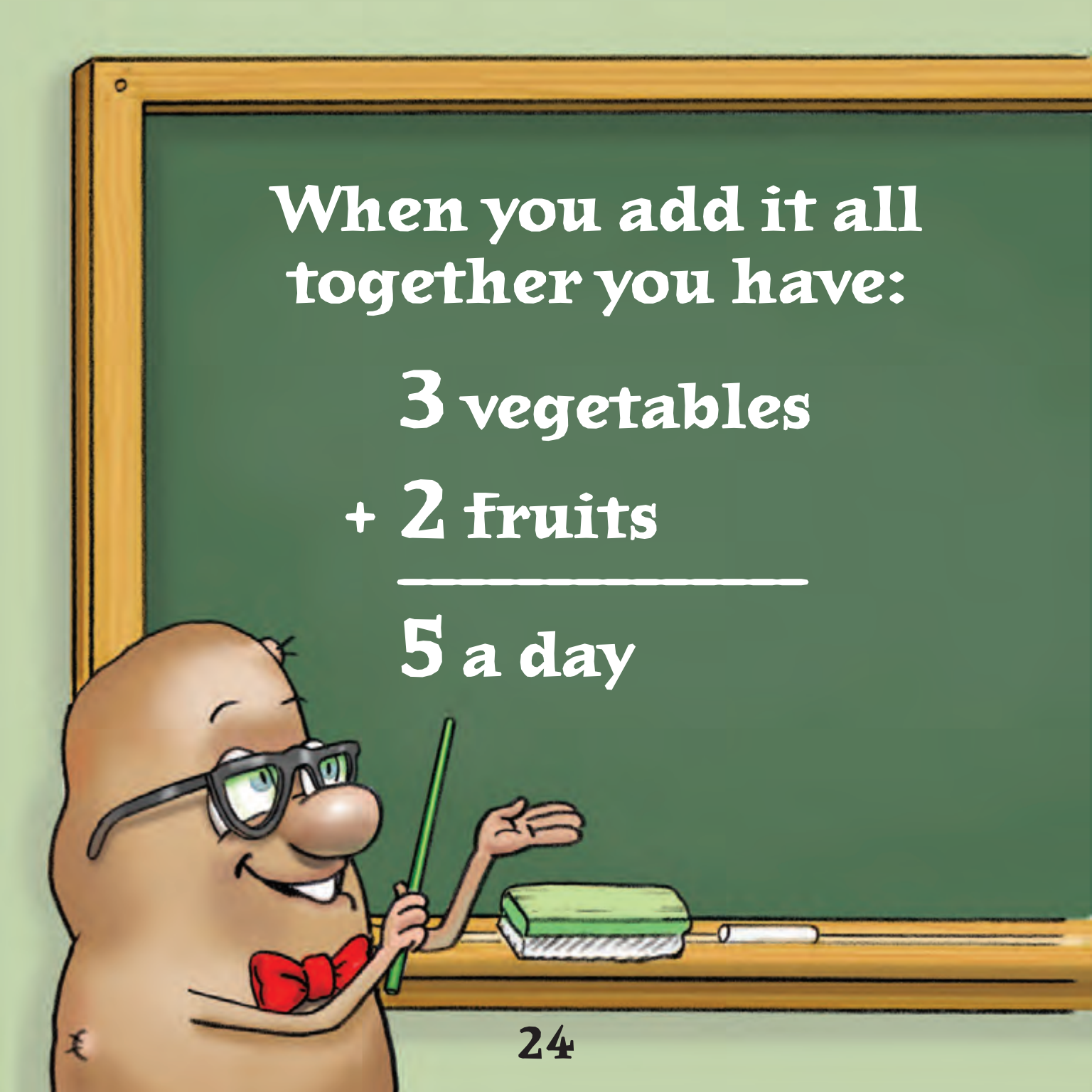
2 fruits

1 fruit

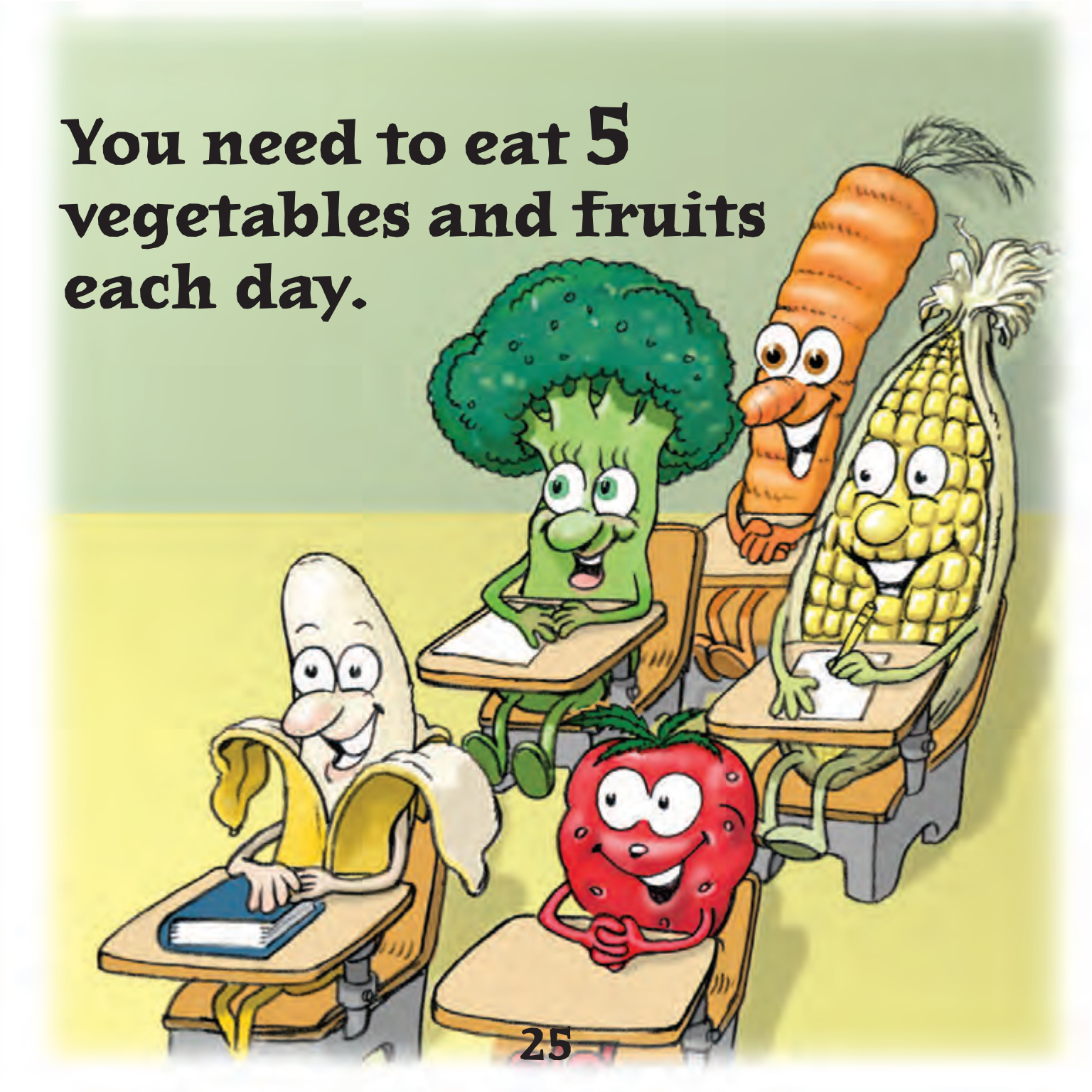


Let's turn around 2 times.

2 fruits
2


When you add it all together you have:
3 vegetables
+ 2 fruits
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!

Where can I get more information?

www.FloridaWIC.org
www.nutrition.gov
www.ChooseMyPlate.gov

Florida Department of Health

WIC Program

This institution is an equal opportunity provider.

DH 150-751, 09/17