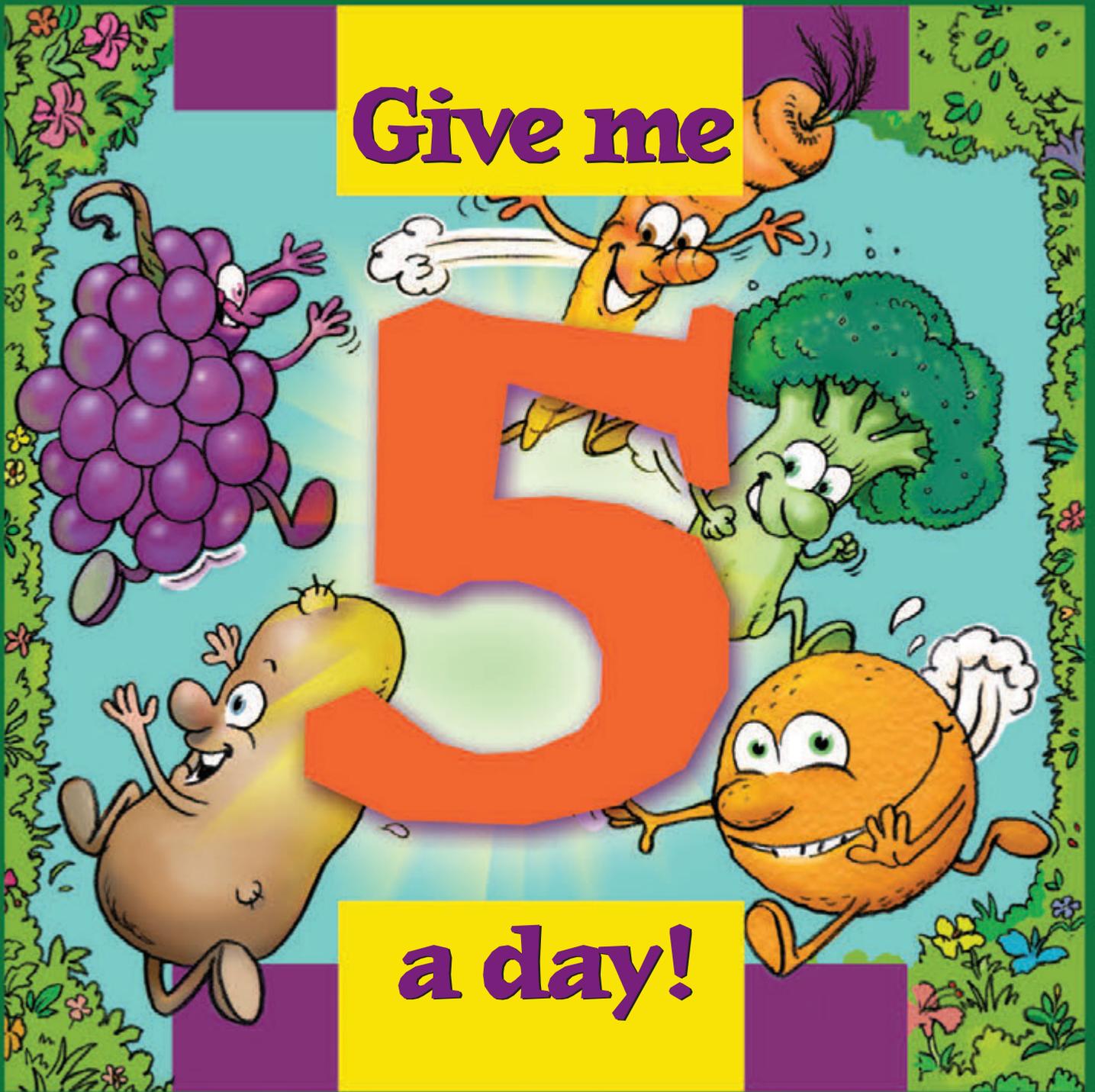


**Give me**

**5**

**a day!**



*This book belongs to:*

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# Give me 5 a day!

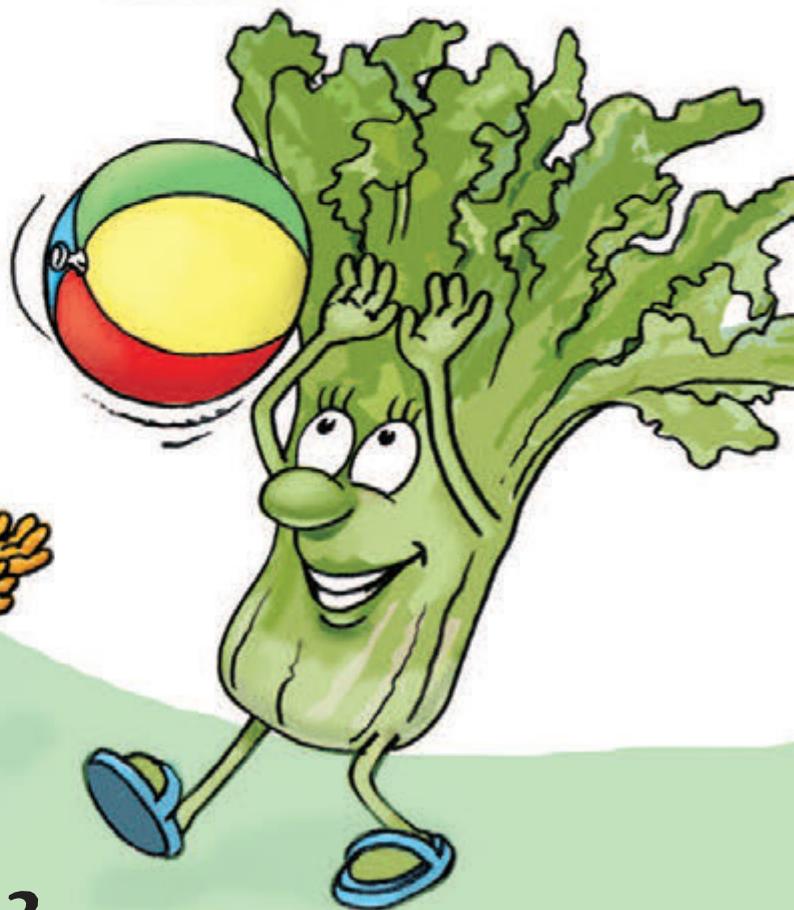
by

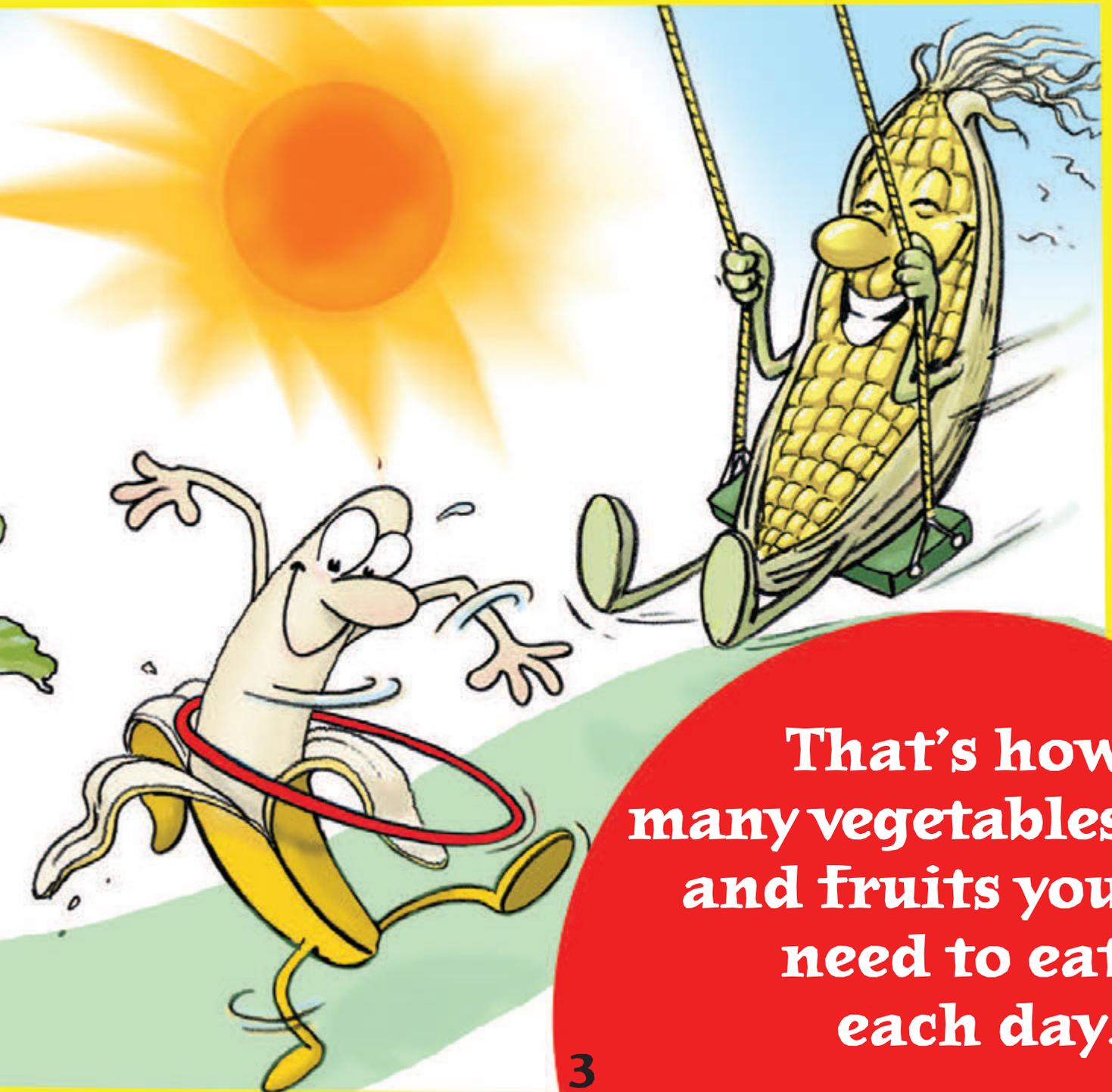
**Kathy Reeves, M.S., R.D., Brenda Crosby, R.D.,  
Jennifer Hemphill, M. Elizabeth Hoffman, M.A.**

illustrated by

**Bill Celandor**

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



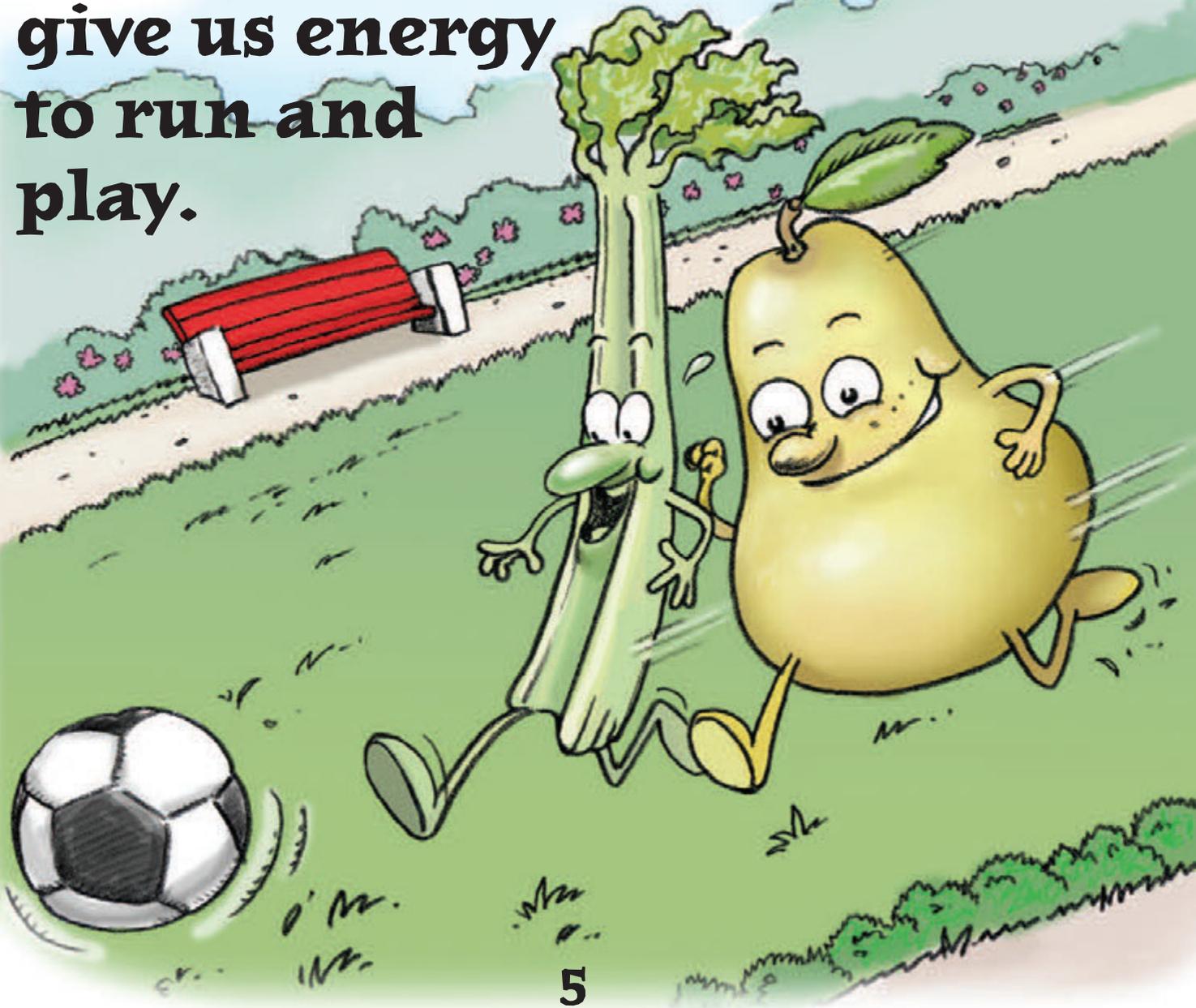


**That's how  
many vegetables  
and fruits you  
need to eat  
each day.**



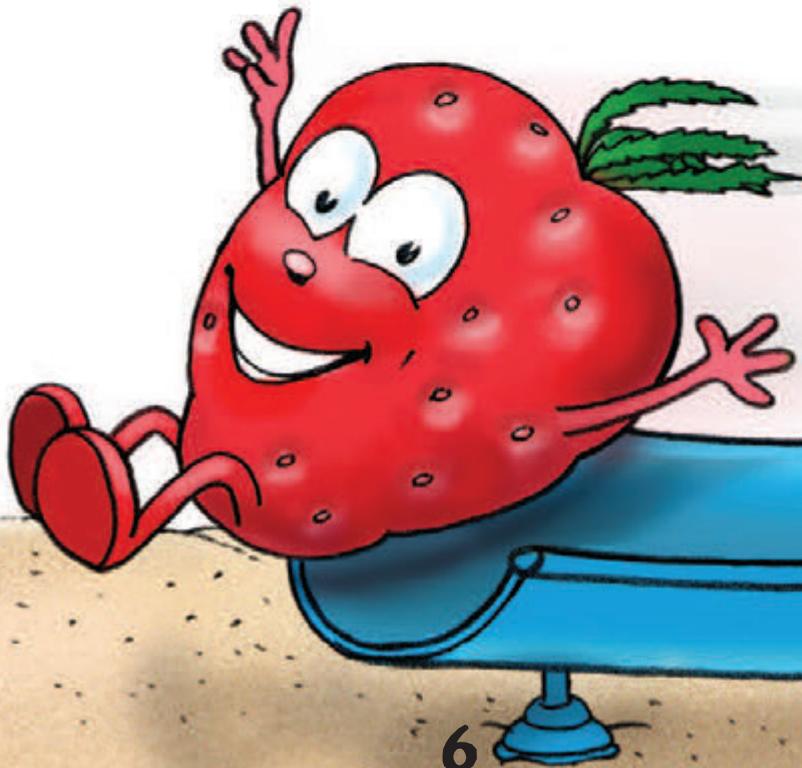
**Vegetables and fruits  
keep our families healthy.**

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



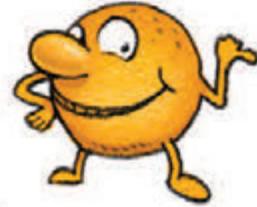
**Give me 5! Give me 5!  
Give me 5 a day!**

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

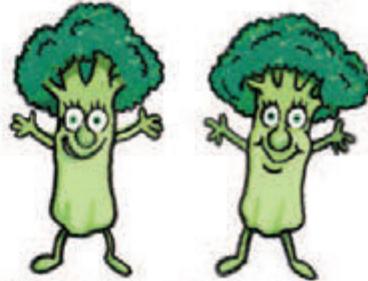




# Let's count to 5!



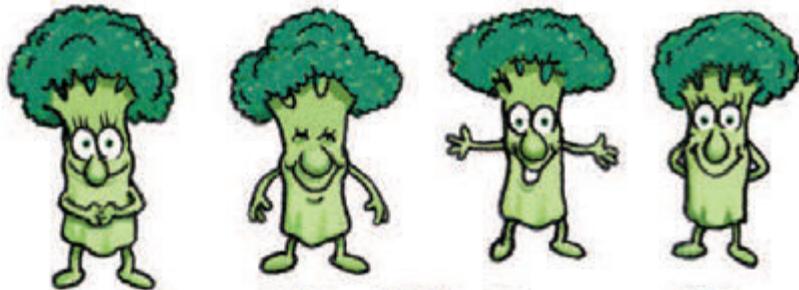
1



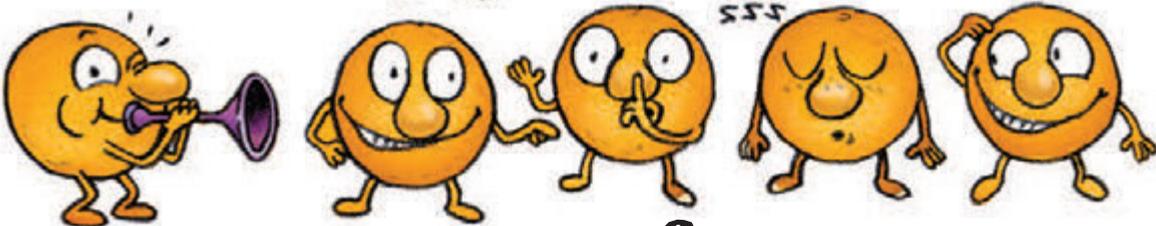
2



3

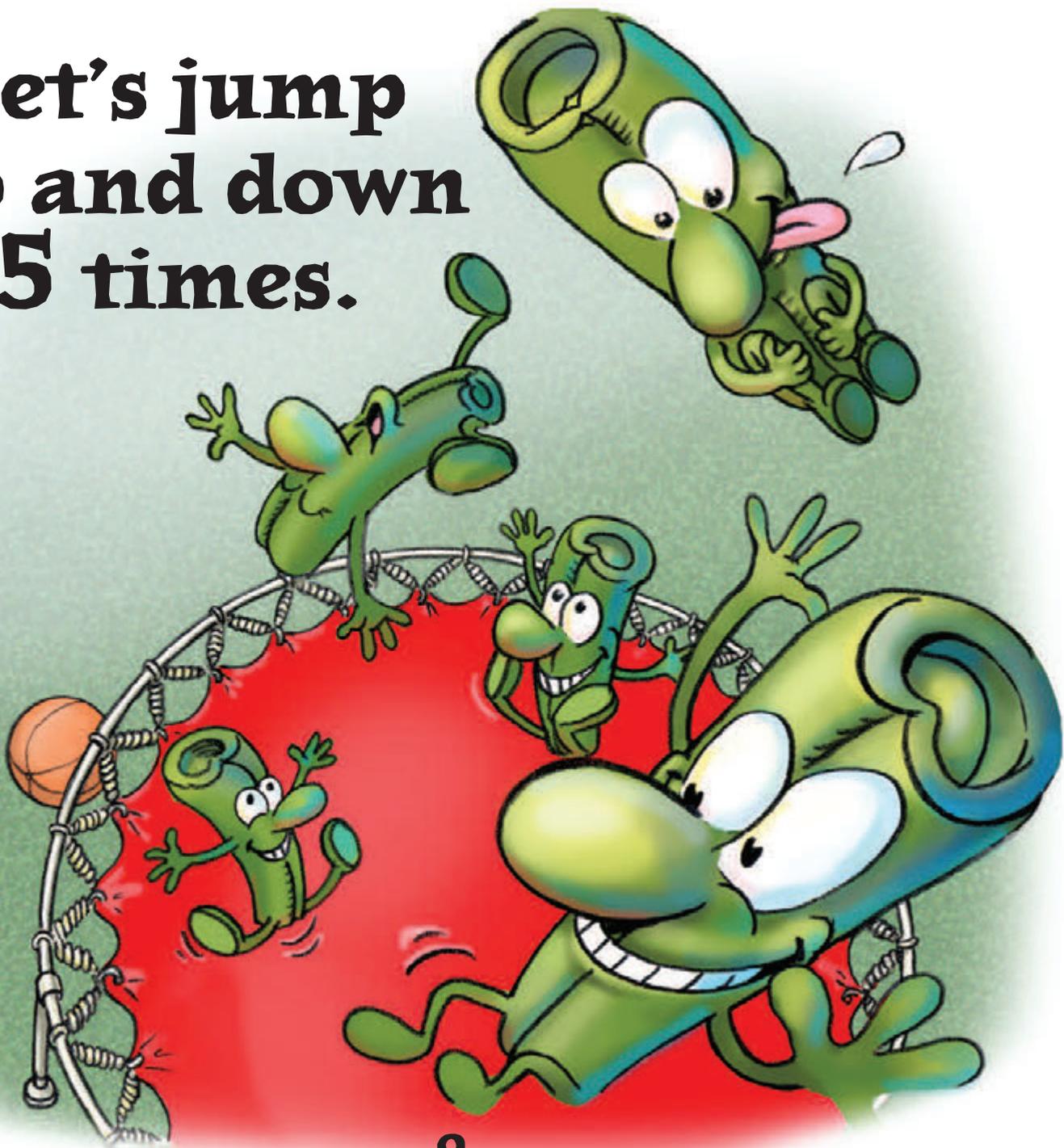


4



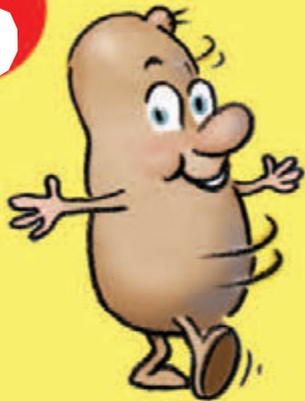
5

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

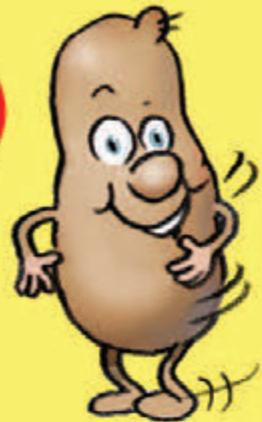


Let's turn around  
5 times.

5



1



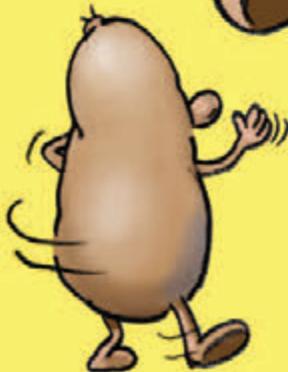
4



2

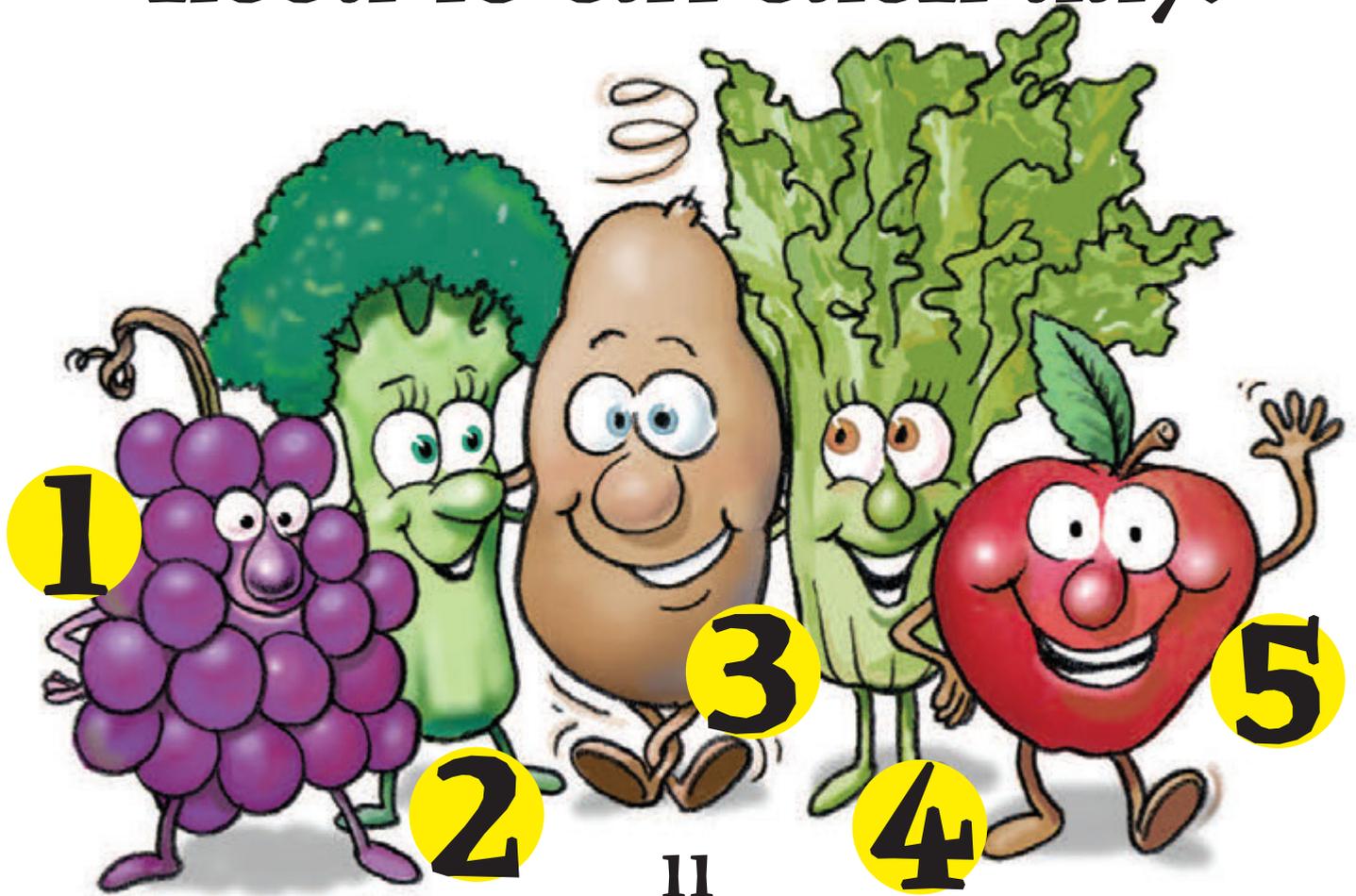


3

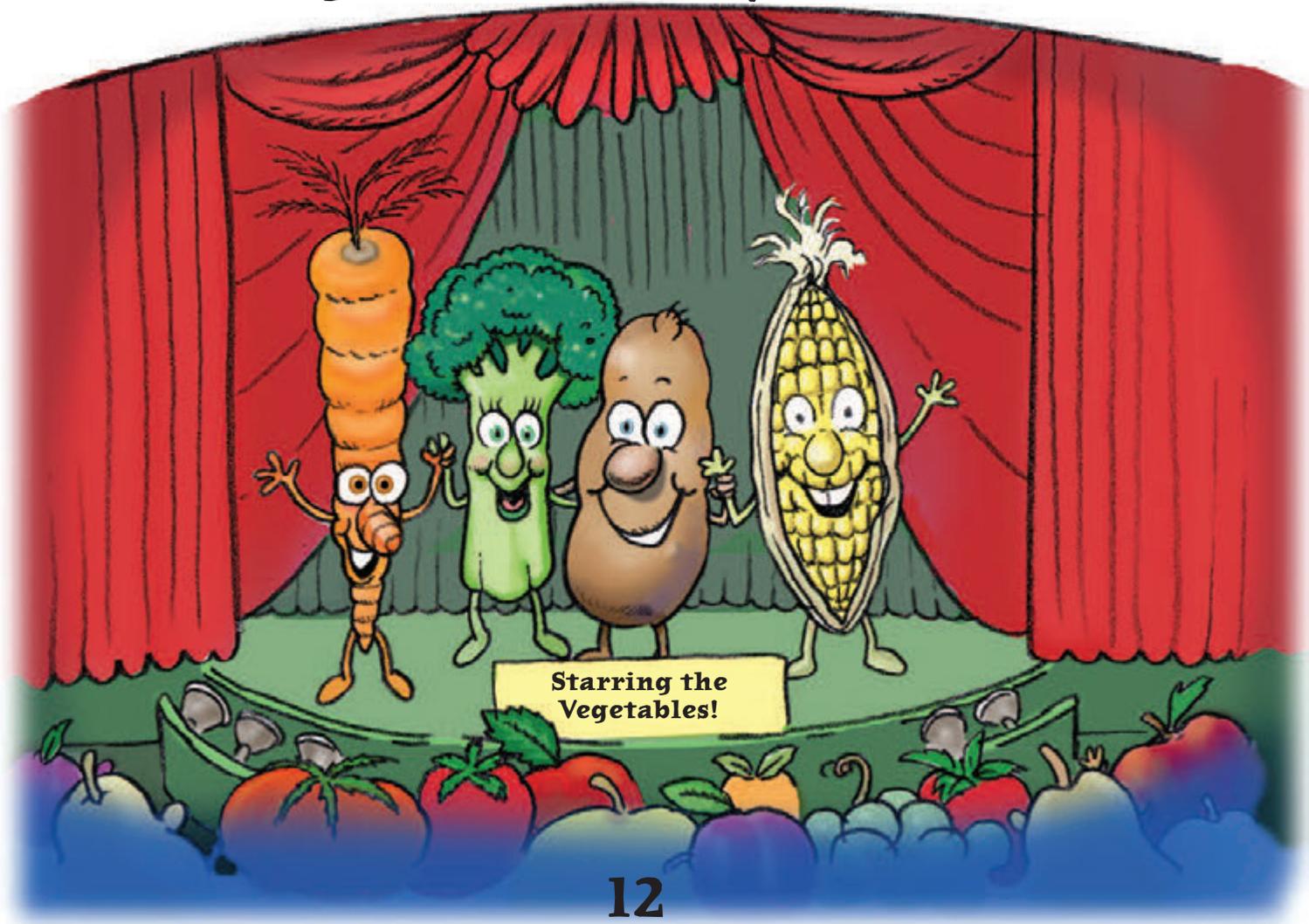


**5...5...5...**

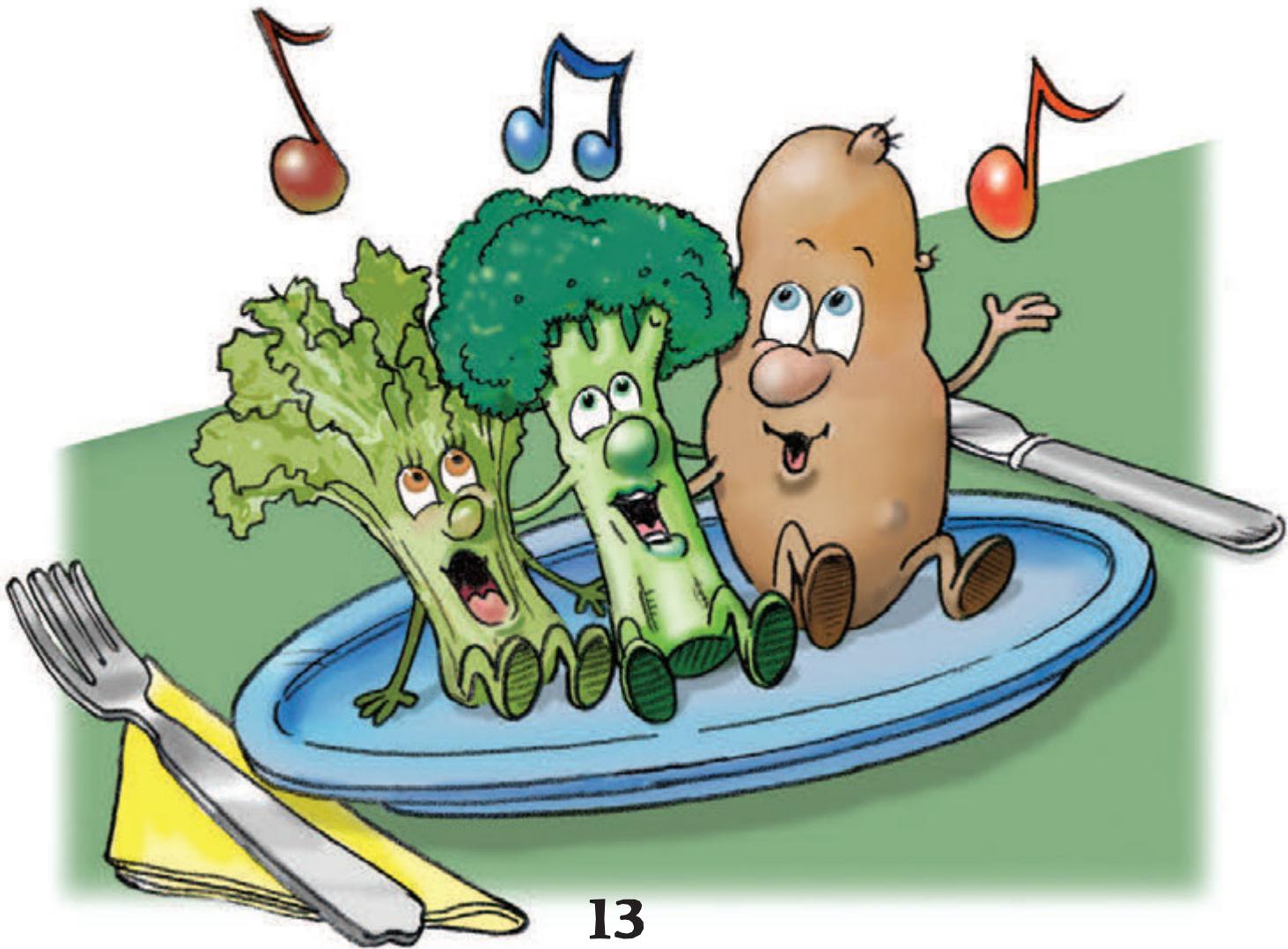
**That's how many  
vegetables and fruits you  
need to eat each day.**



**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.**

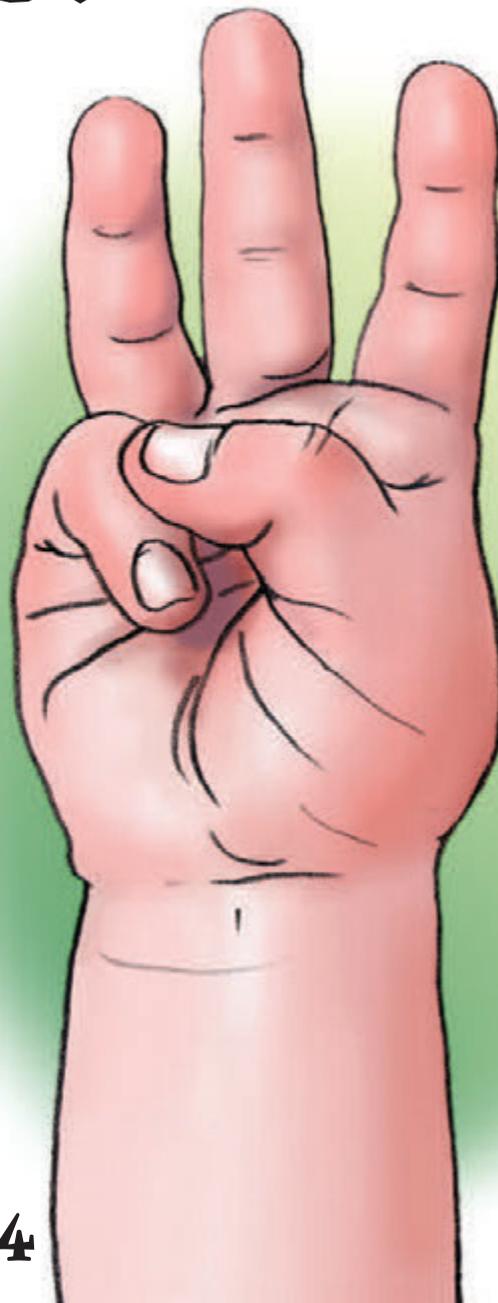


**Let's count to 3!**

**1 vegetable**

**2 vegetables**

**3 vegetables**

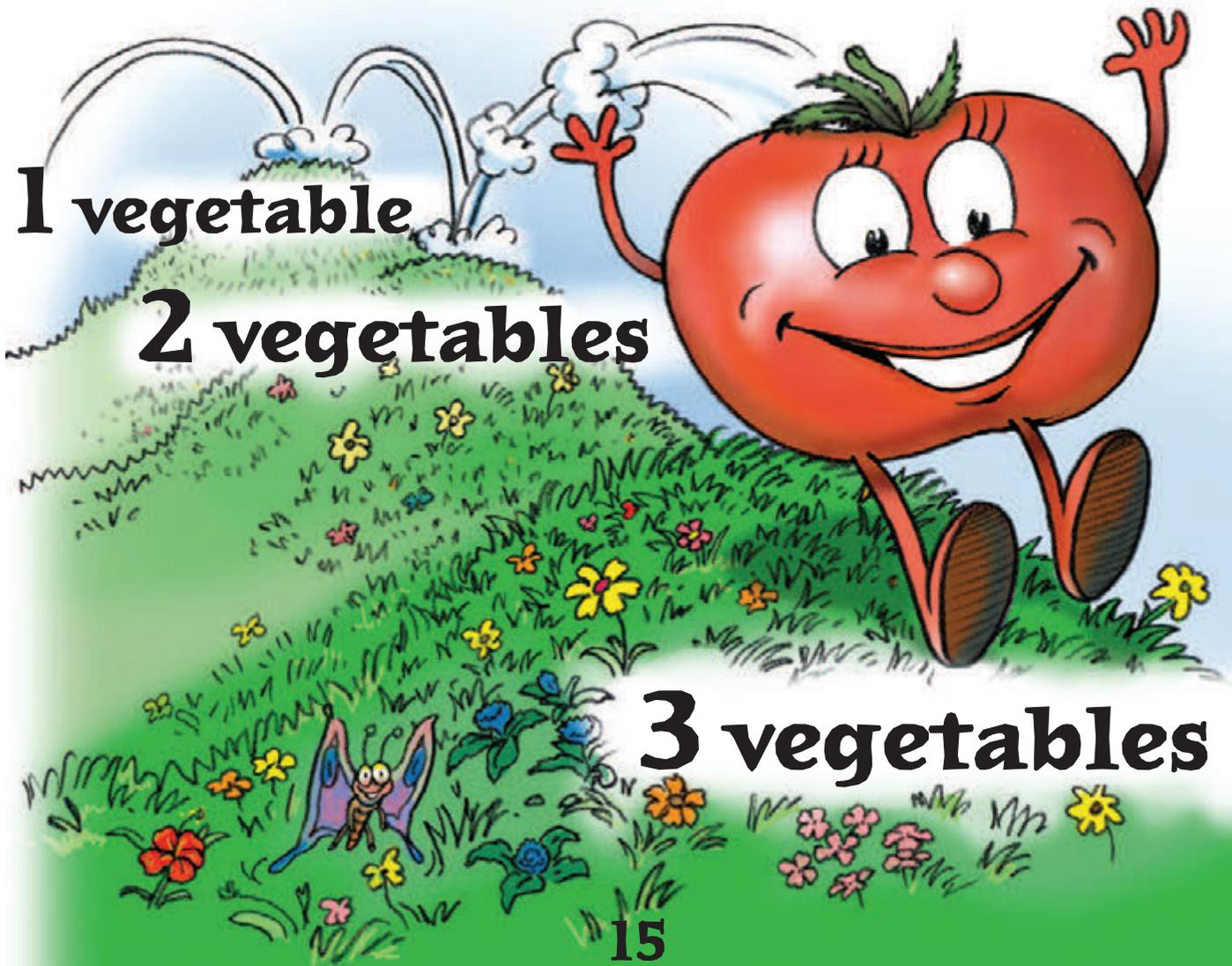


**Let's jump up and down  
3 times.**

**1 vegetable**

**2 vegetables**

**3 vegetables**

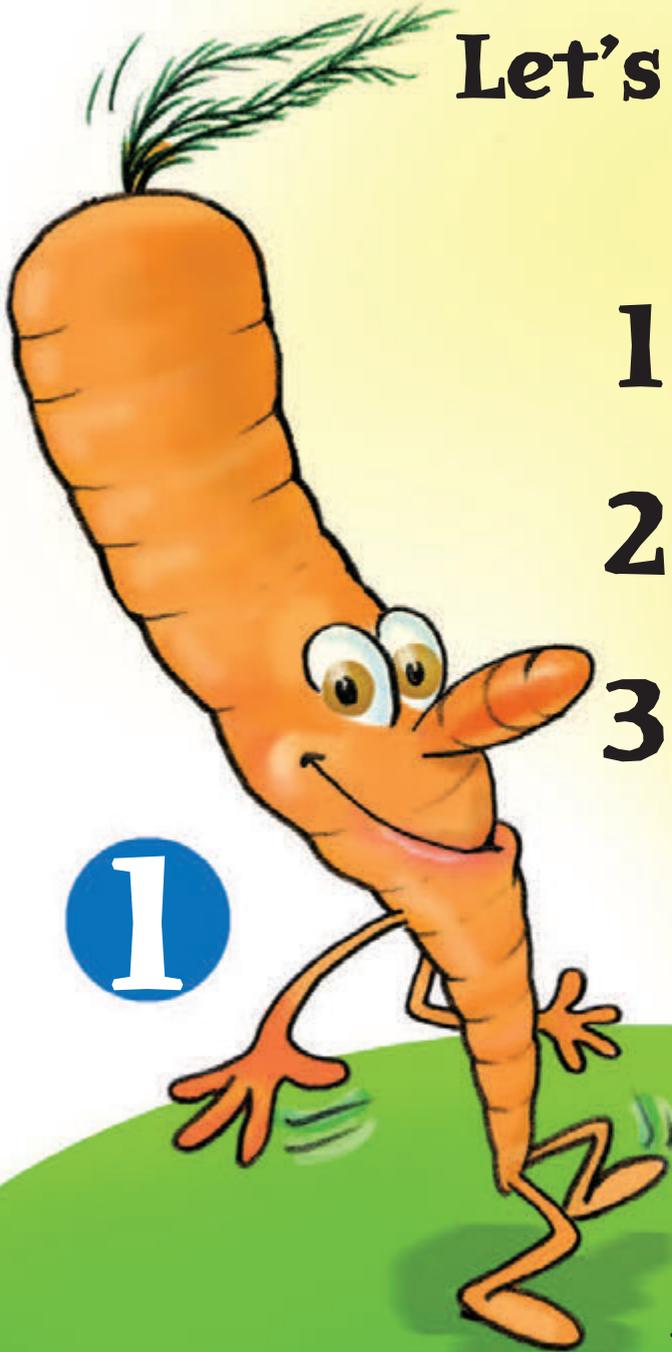


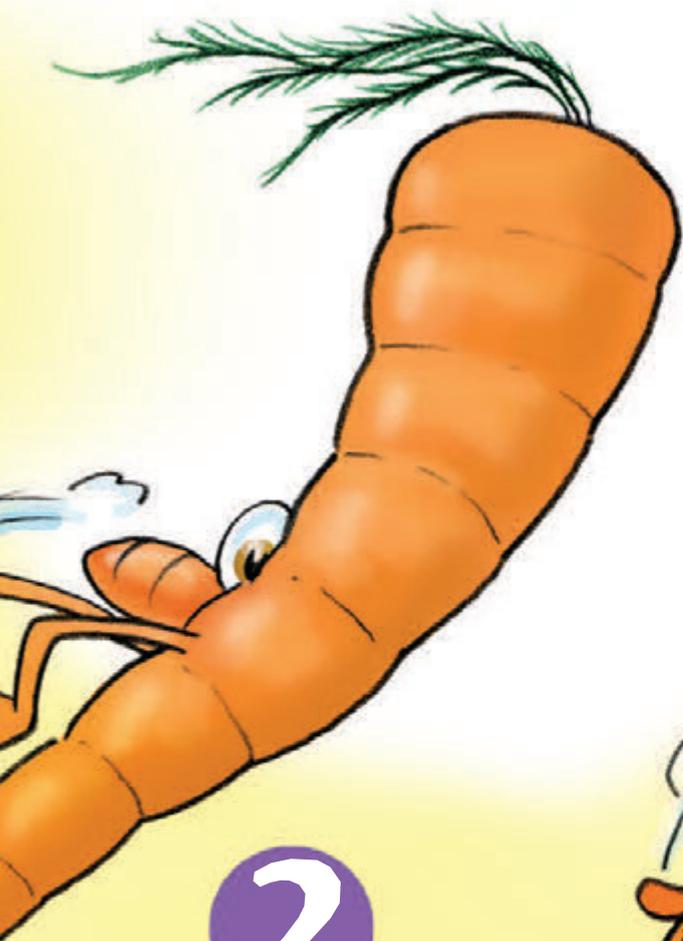
**Let's turn around  
3 times.**

**1 vegetable**

**2 vegetables**

**3 vegetables**





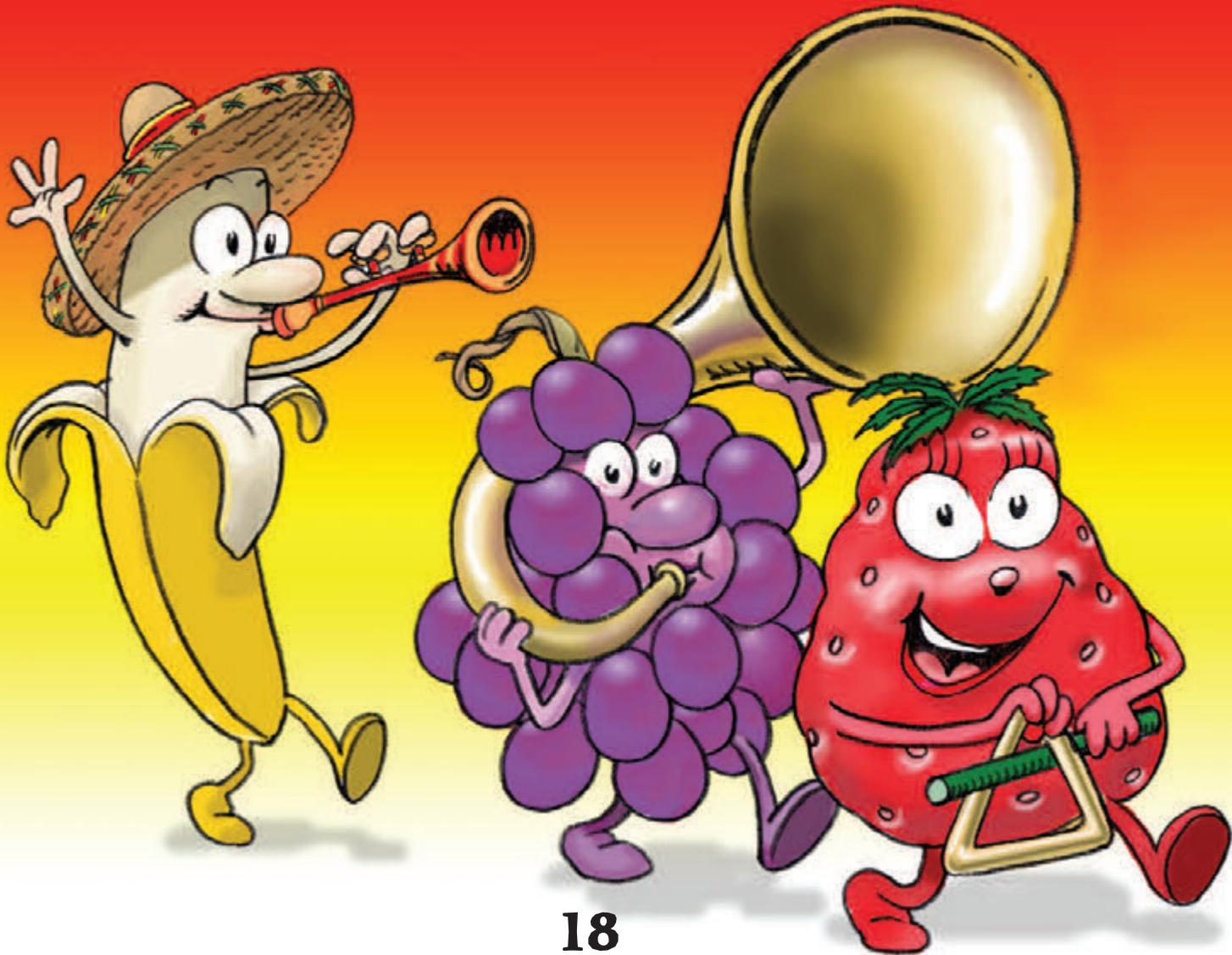
2

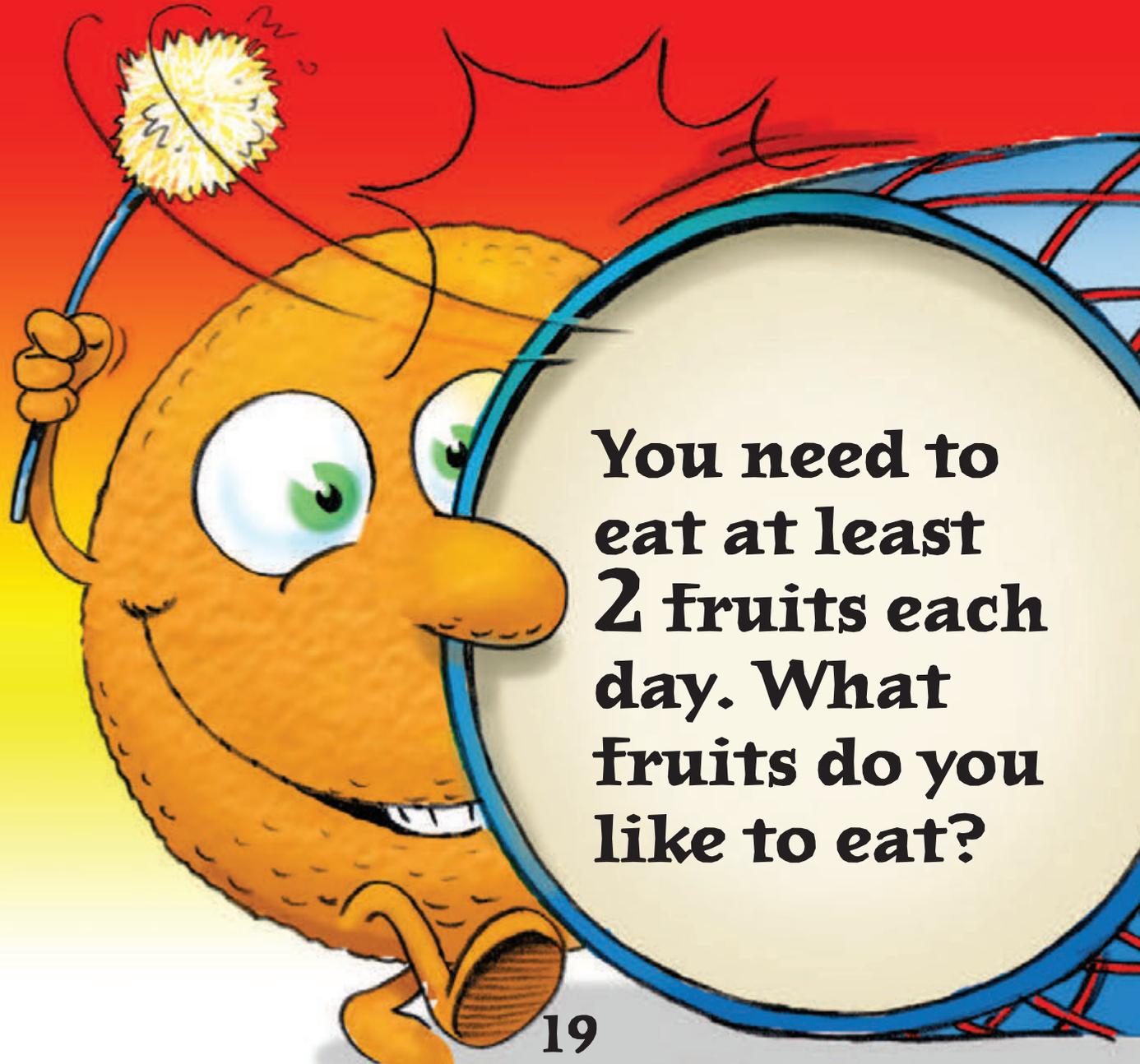


3

# What is a fruit?

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

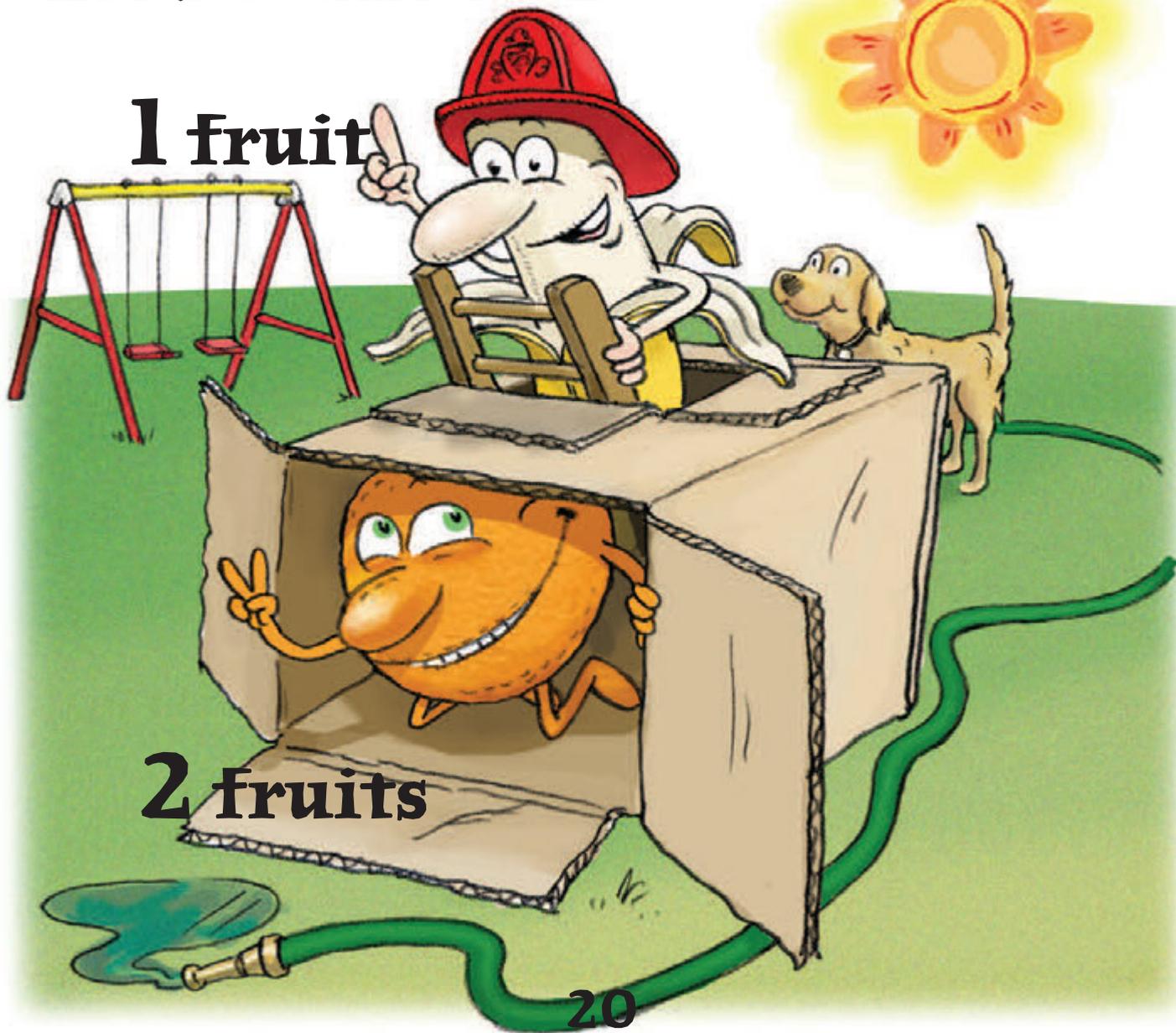


A cartoon orange character with a large, expressive face, wide eyes, and a smiling mouth. It is holding a blue stick with a yellow pom-pom. The character is positioned on the left side of the page, with its body partially overlapping a large, circular speech bubble on the right. The background is a vibrant red with a yellow gradient at the bottom left. The speech bubble has a blue border and a white interior, containing the text. The orange character has small arms and legs, and its body is textured to resemble an orange peel. 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**

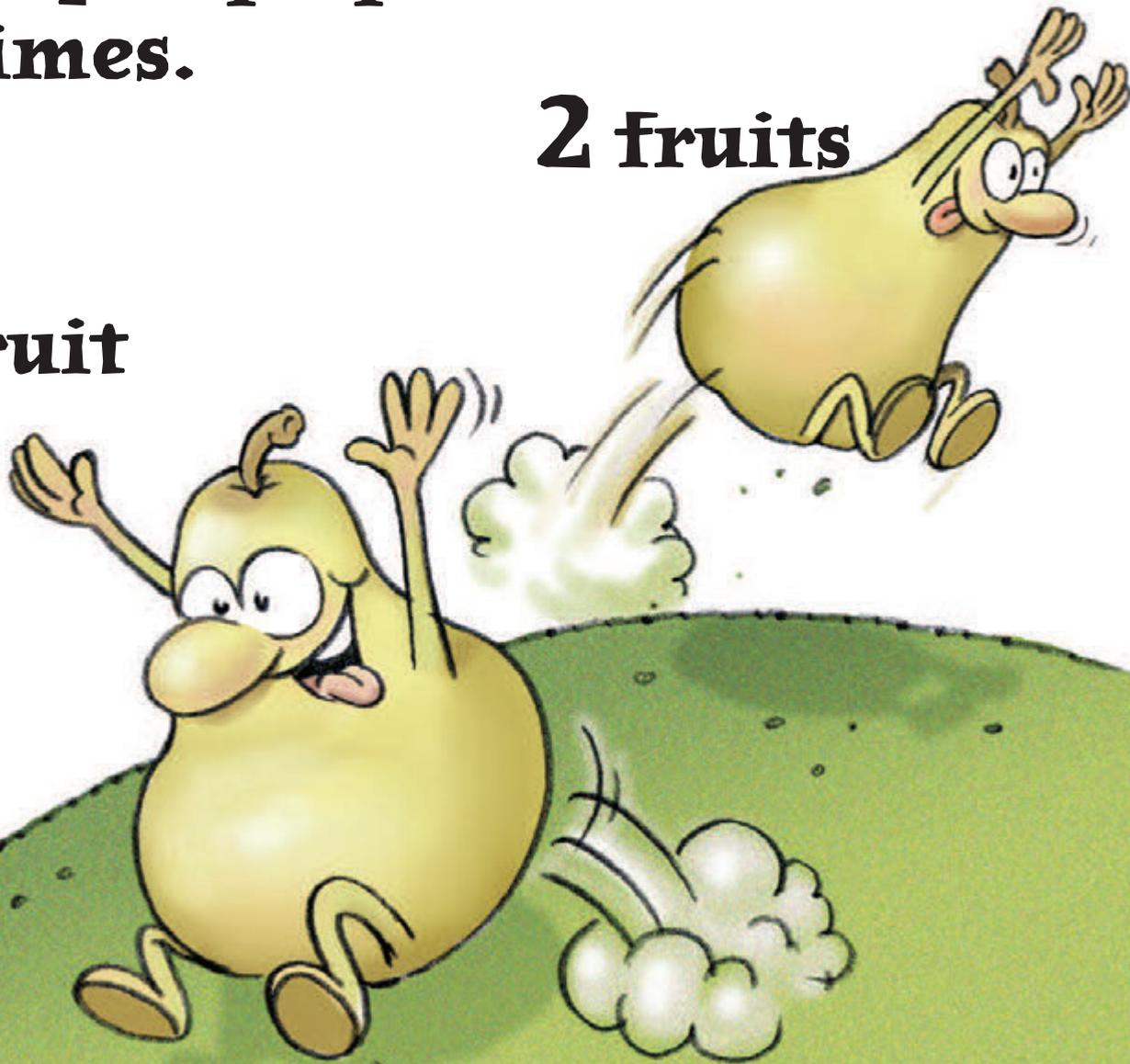


**2 fruits**

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

**2 fruits**

**1 fruit**



Let's turn around 2 times.



1 fruit

1

**2 fruits**



When you add it all  
together you have:

3 vegetables

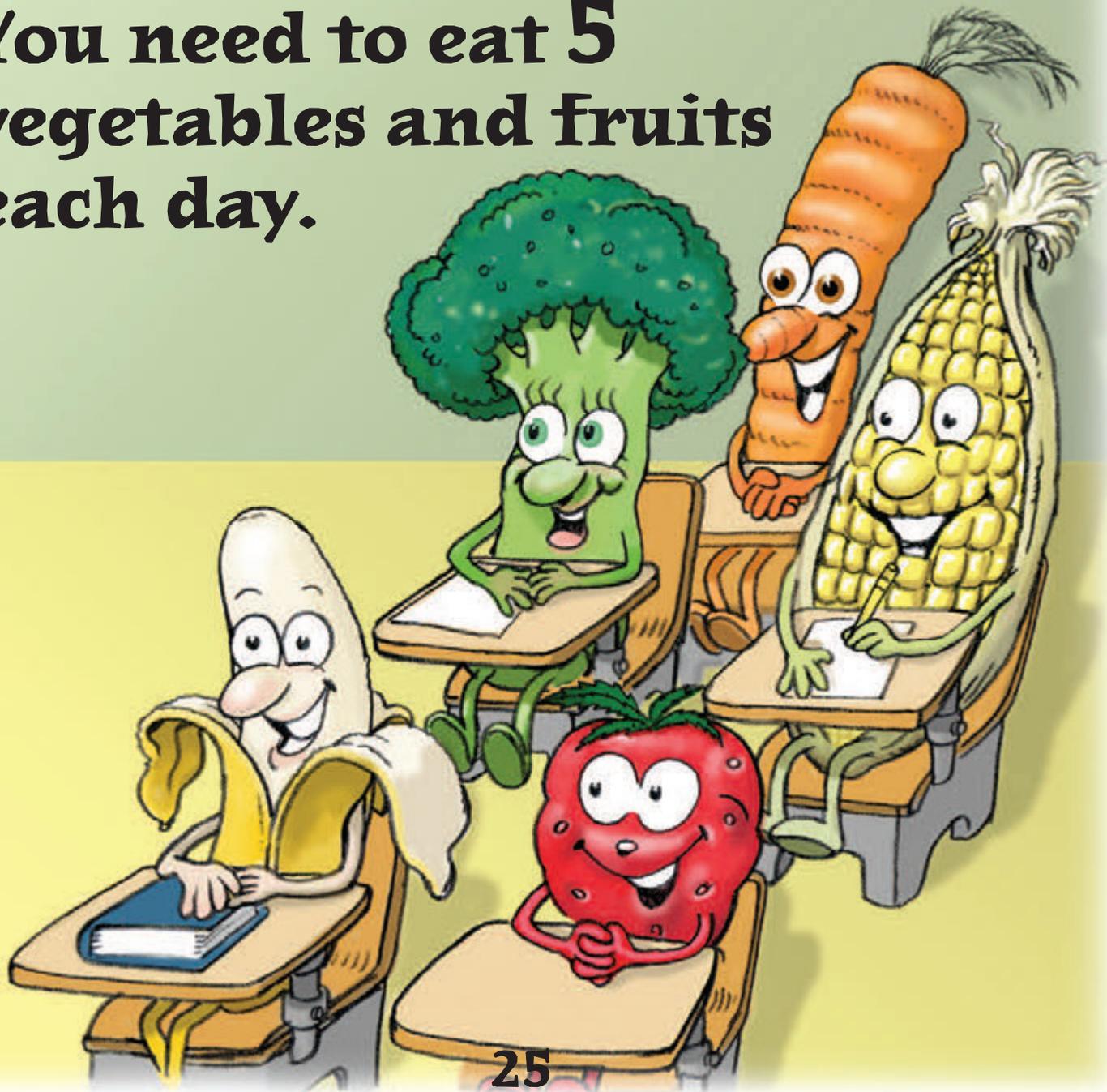
+ 2 fruits

---

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](http://www.FloridaWIC.org)**

**[www.nutrition.gov](http://www.nutrition.gov)**

**[www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)**





**Florida Department of Health**  
**WIC Program**

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