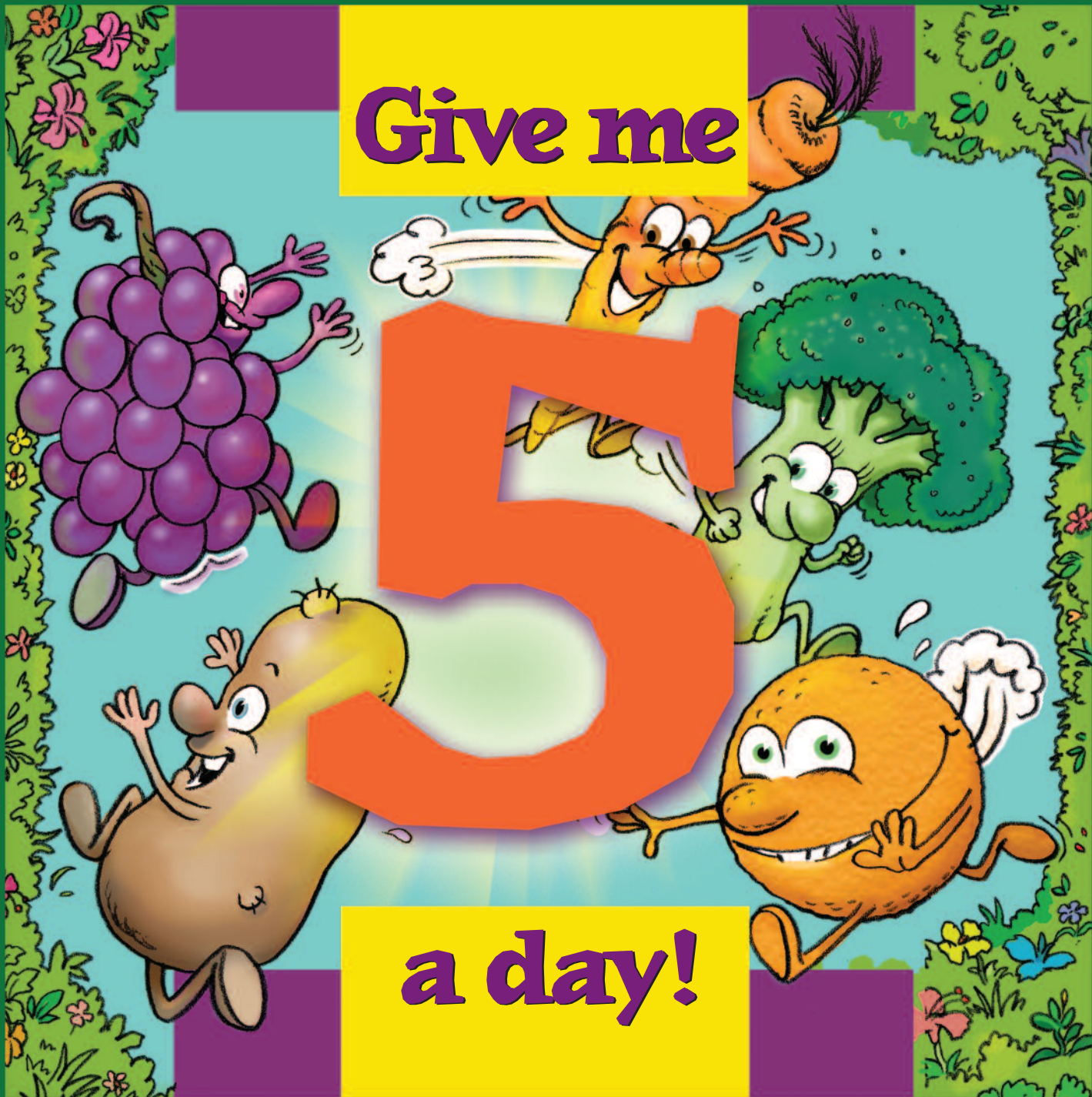


**Give me**

**5**

**a day!**



*This book belongs to:*

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# Give me 5 a day!

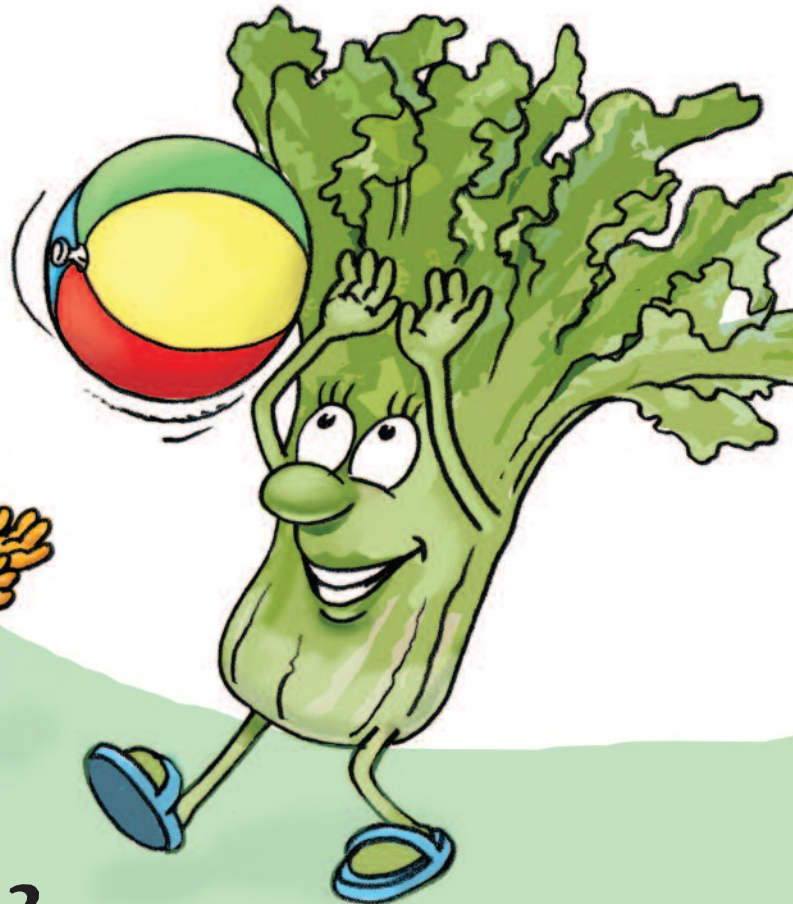
by

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

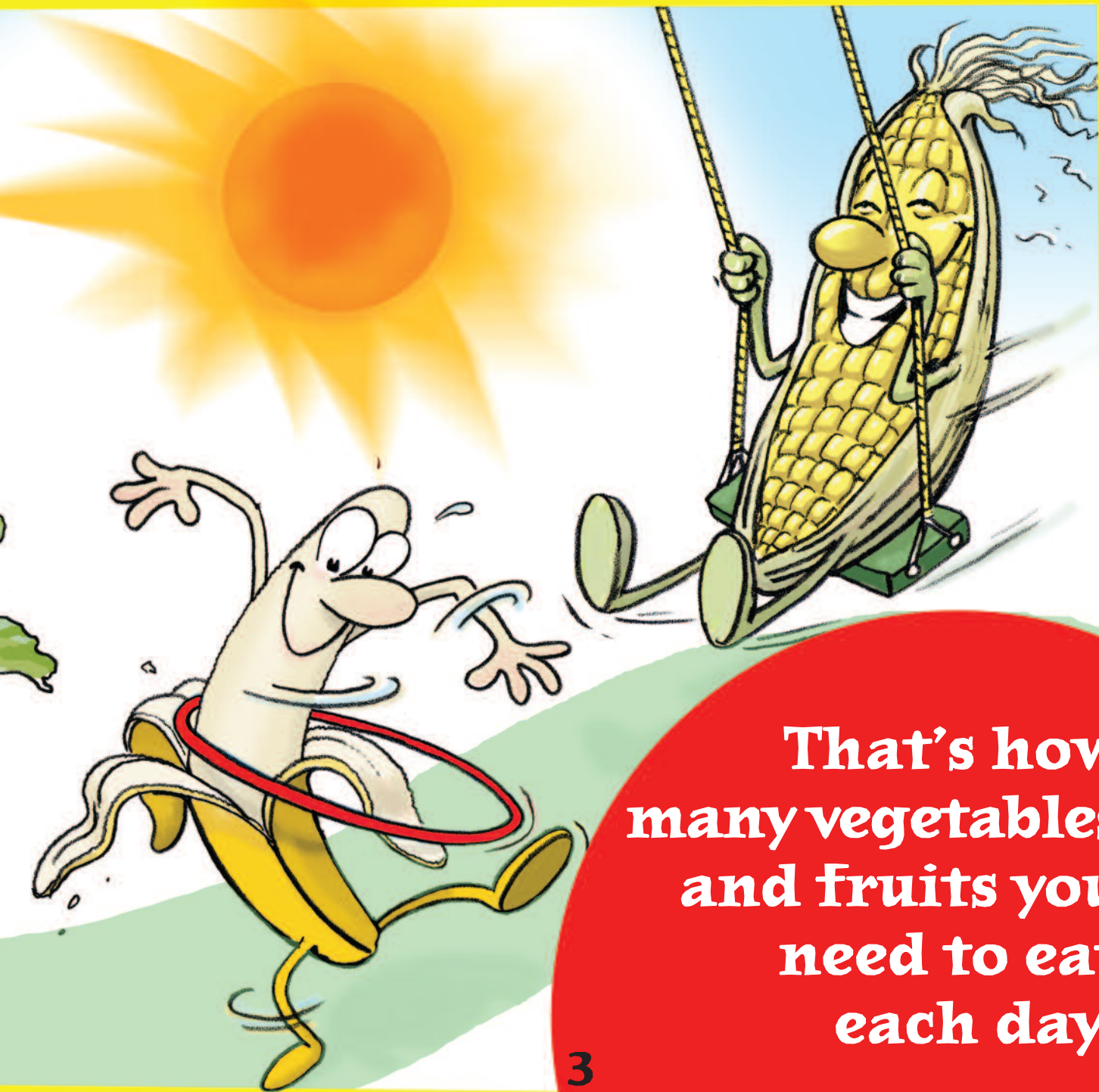
illustrated by

**Bill Celandor**

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







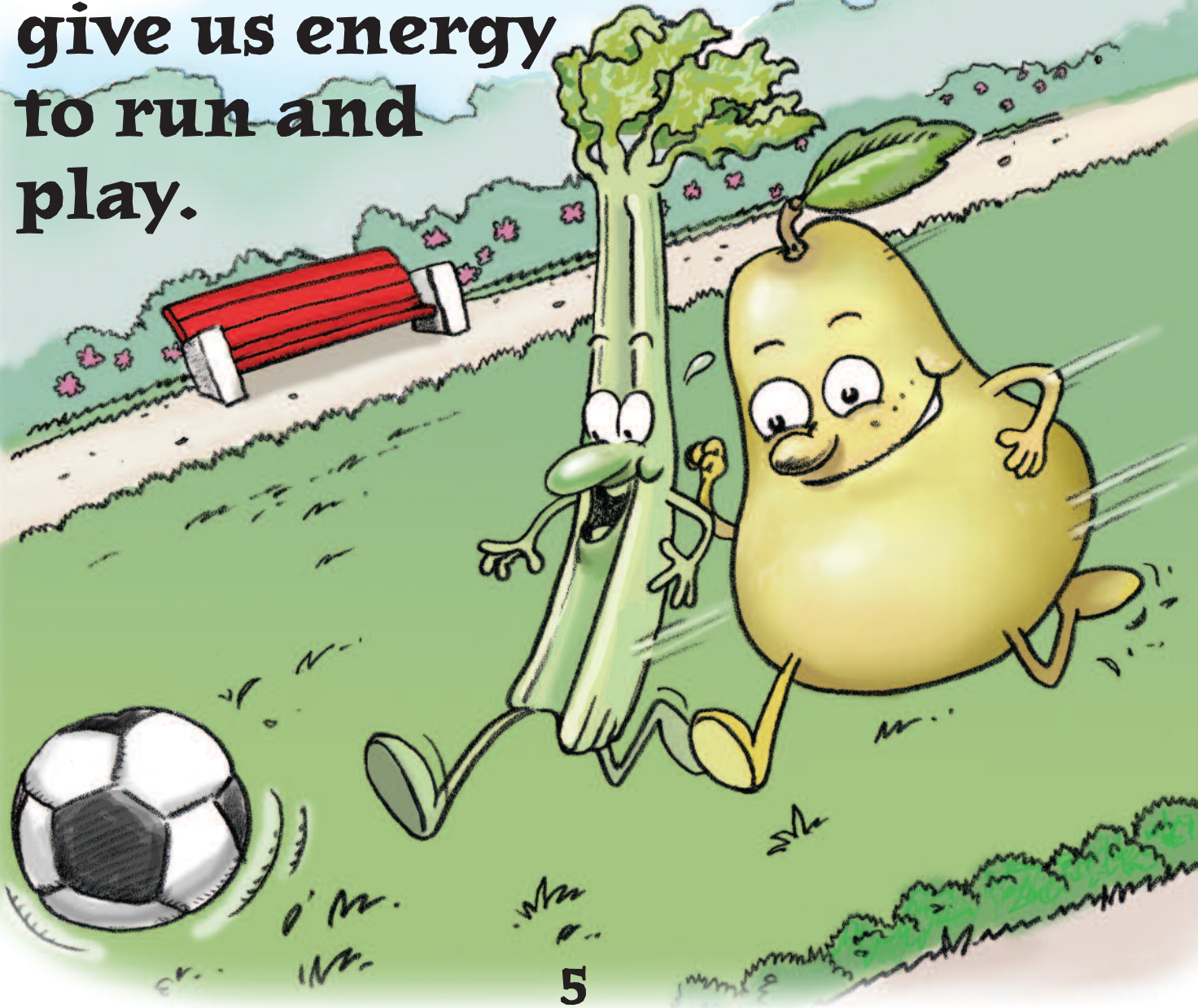
**That's how  
many vegetables  
and fruits you  
need to eat  
each day.**



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

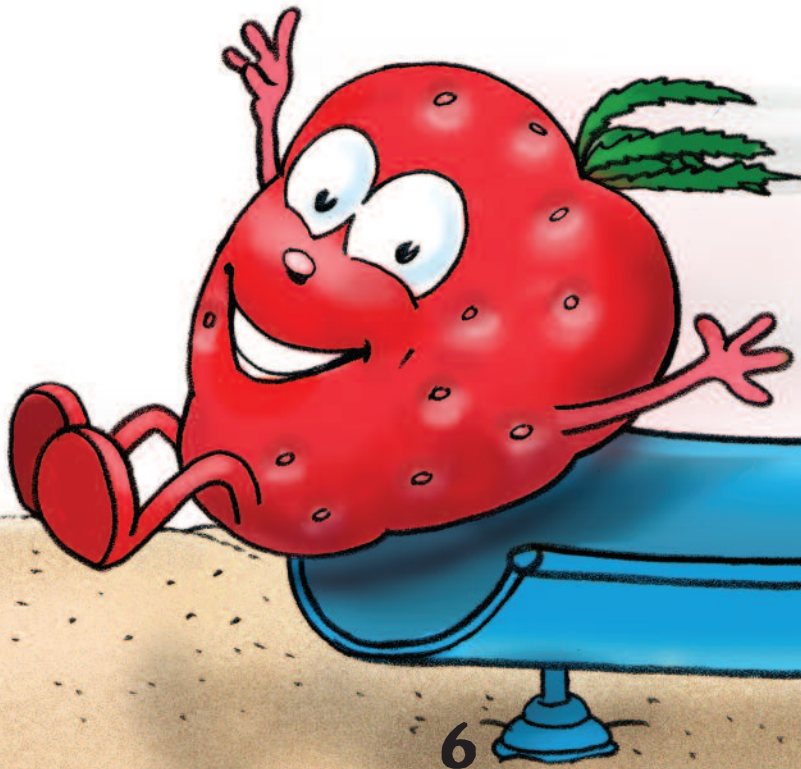


**Vegetables and fruits  
give us energy  
to run and  
play.**



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

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



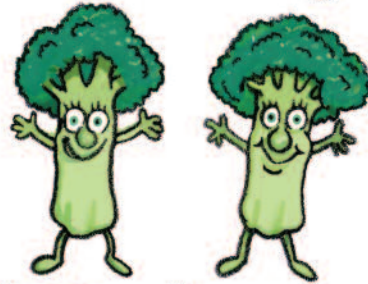




# Let's count to 5!



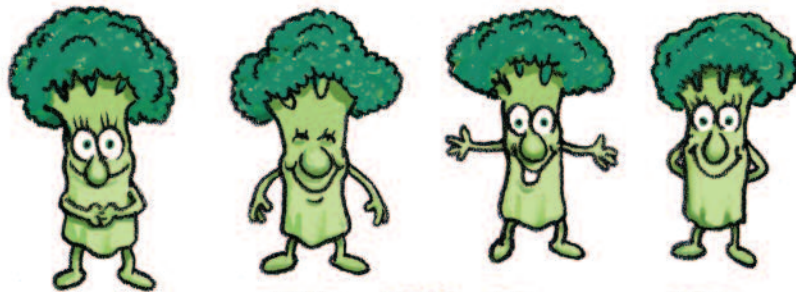
1



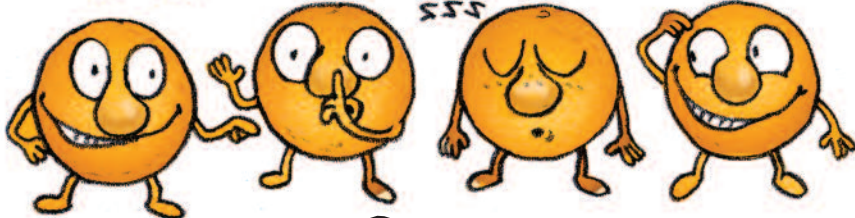
2



3



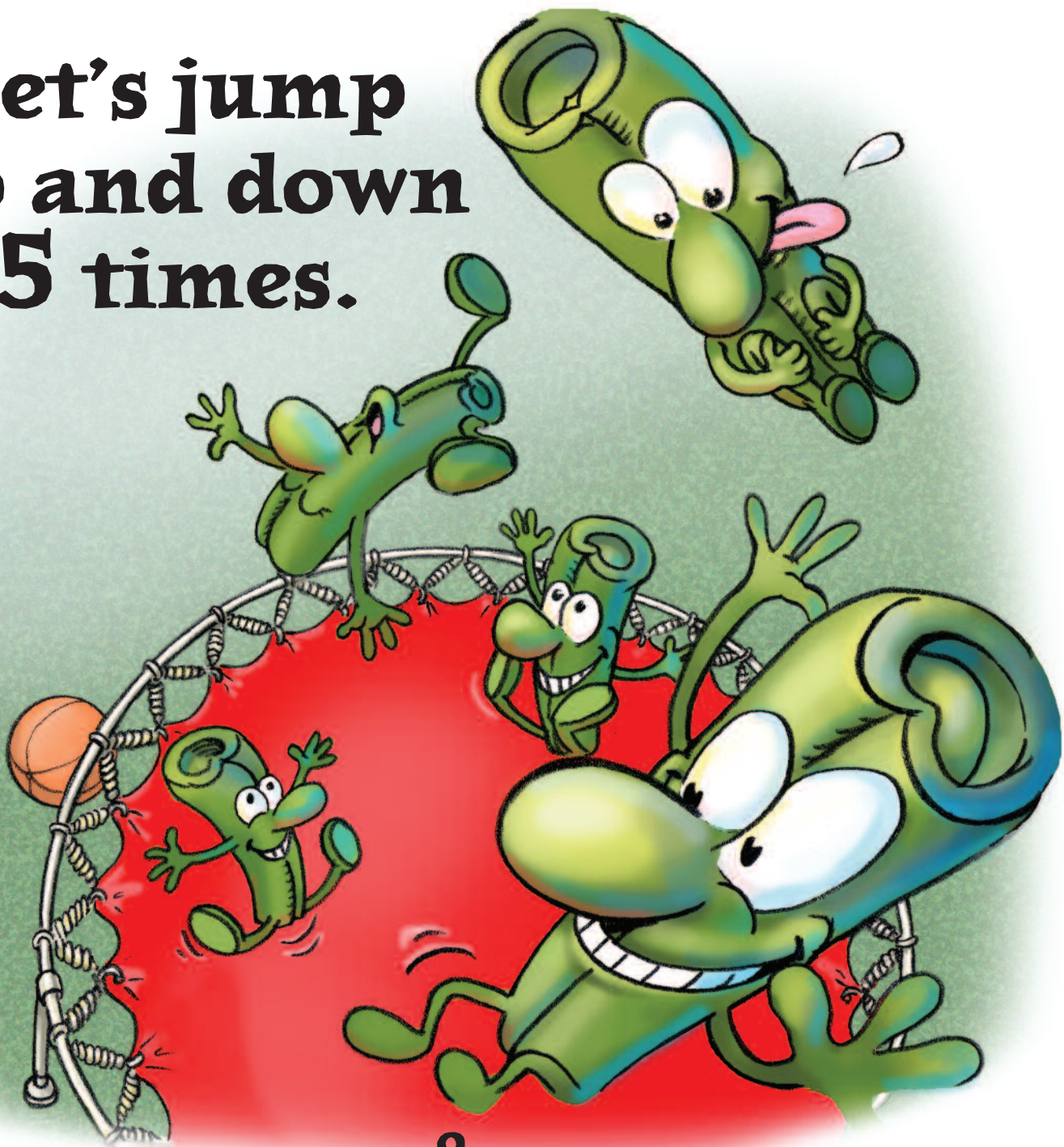
4



5



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





# Let's turn around 5 times.

5



1



4



2

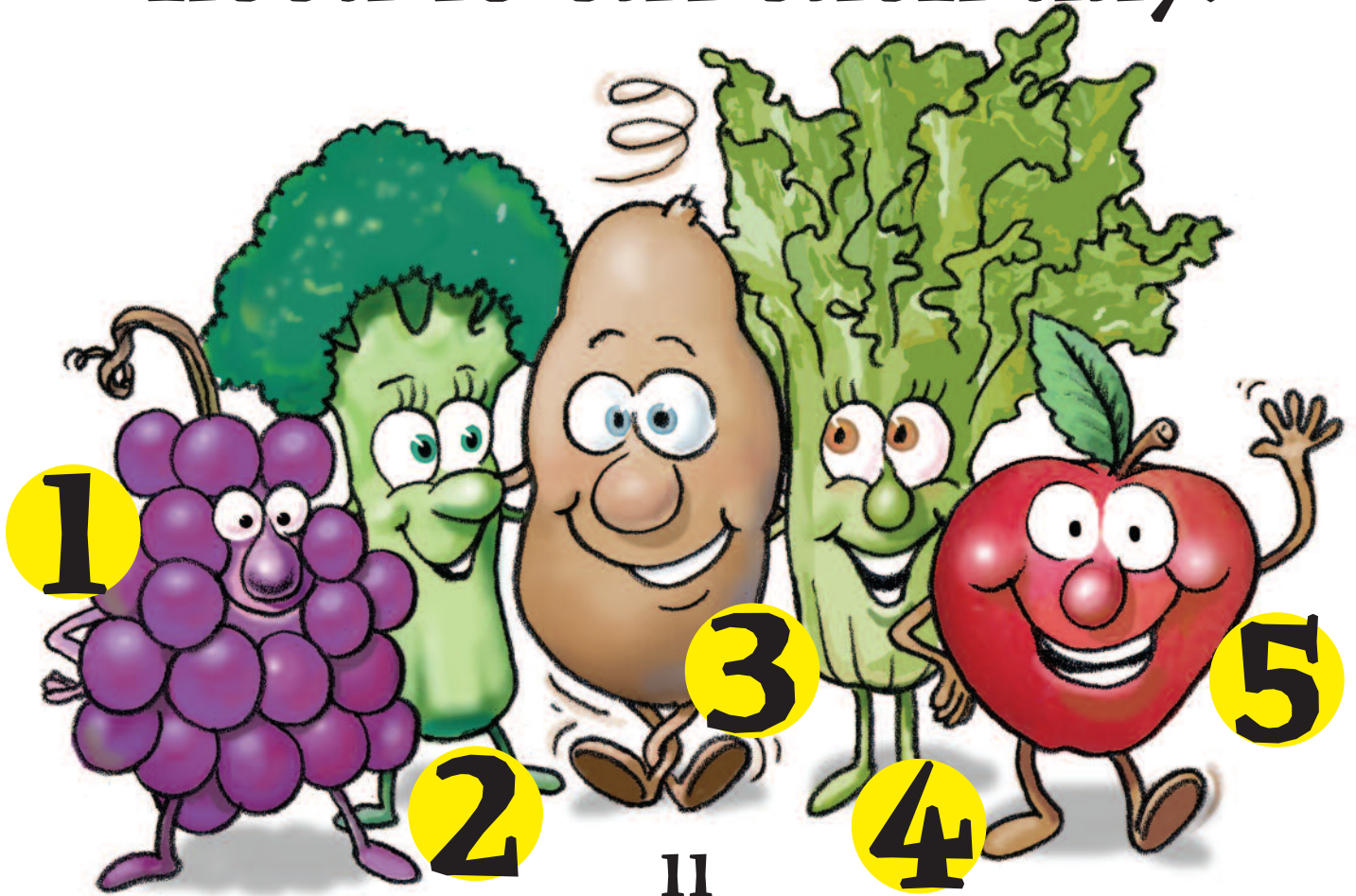


3



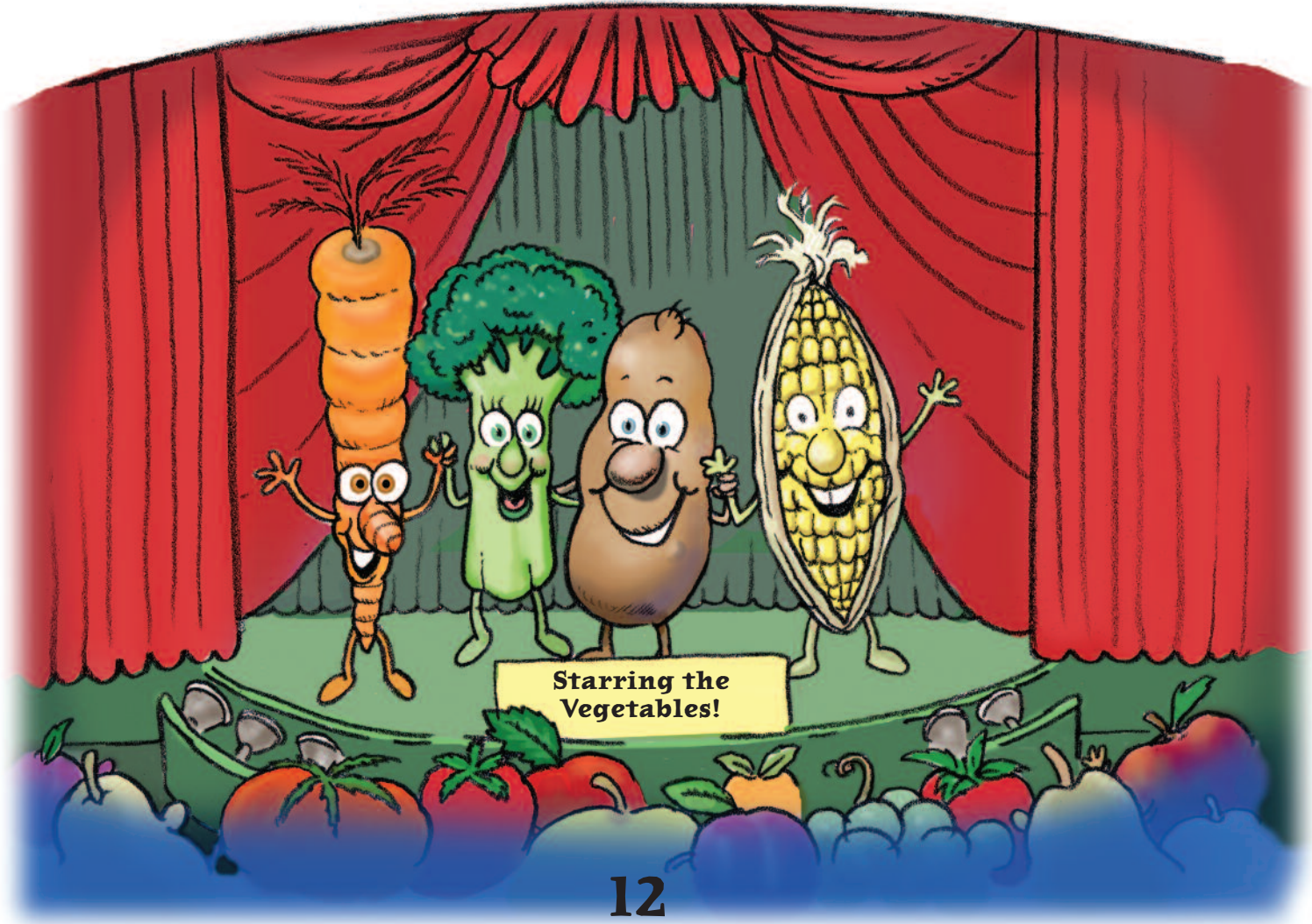
**5...5...5...**

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



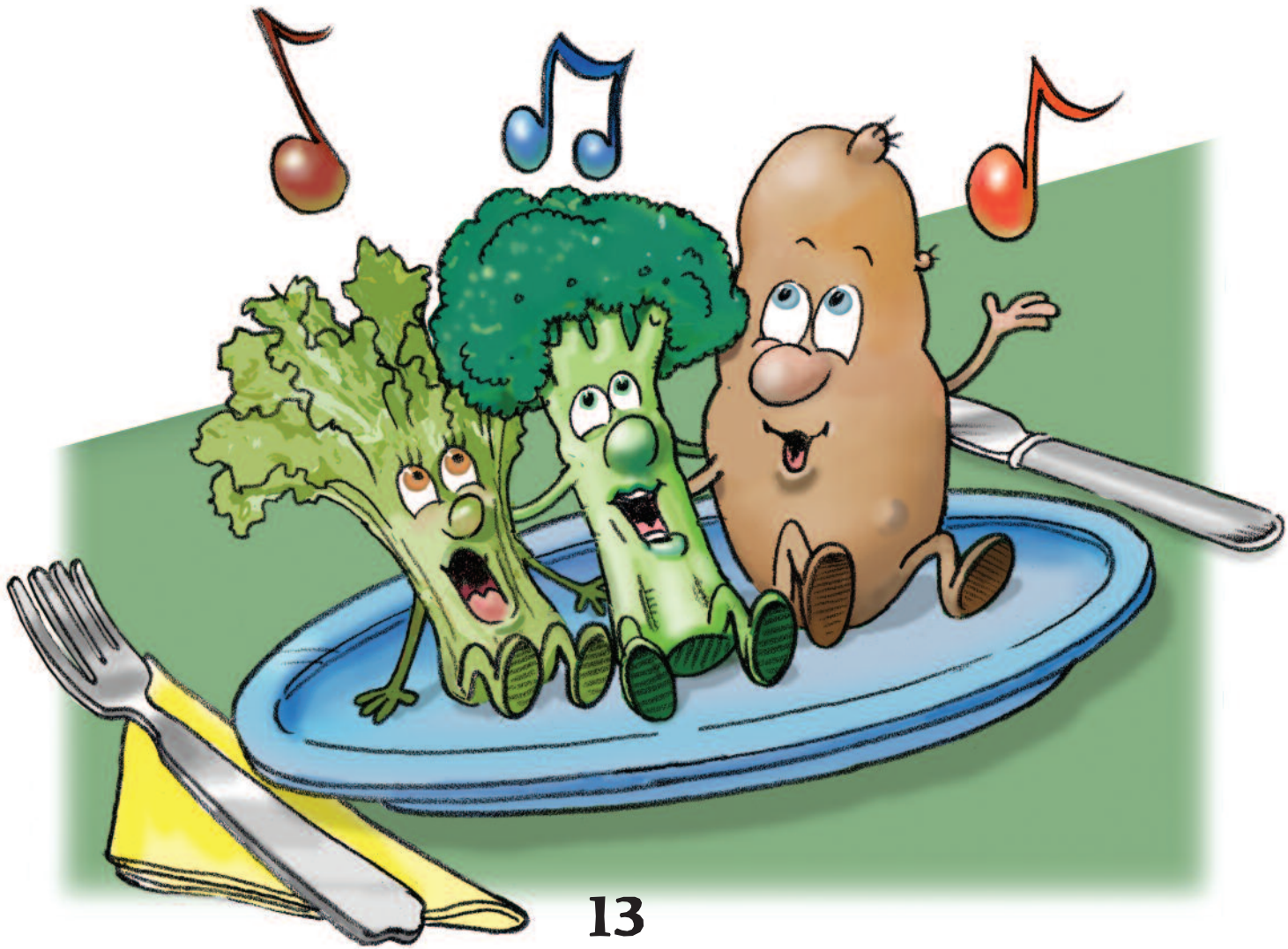


**What is a vegetable?**  
**Carrots, broccoli, potatoes and**  
**corn just to name a few.**  
**What vegetables do you like to eat?**





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

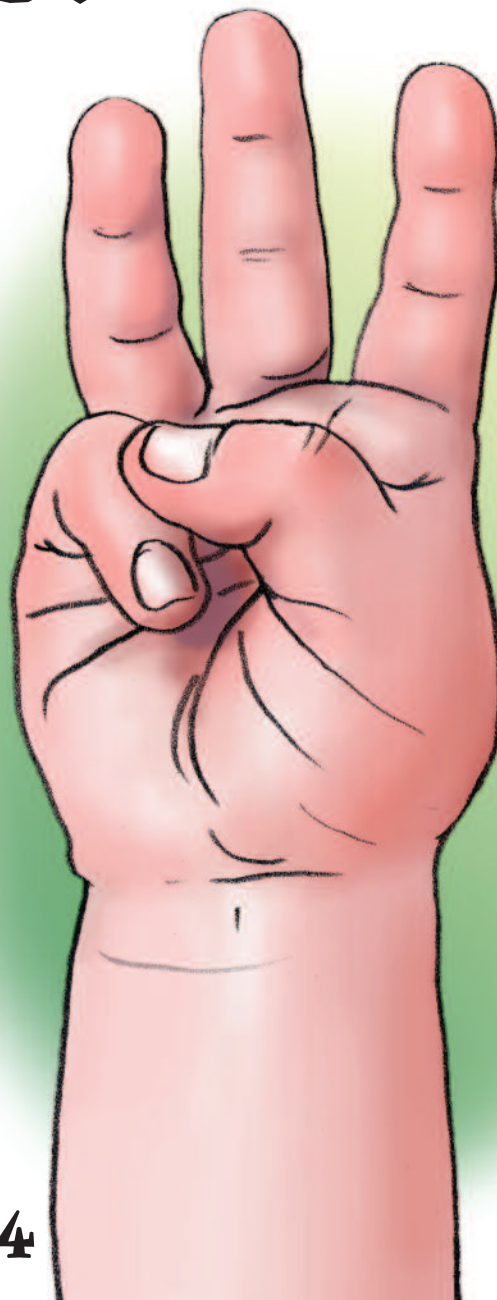


**Let's count to 3!**

**1 vegetable**

**2 vegetables**

**3 vegetables**

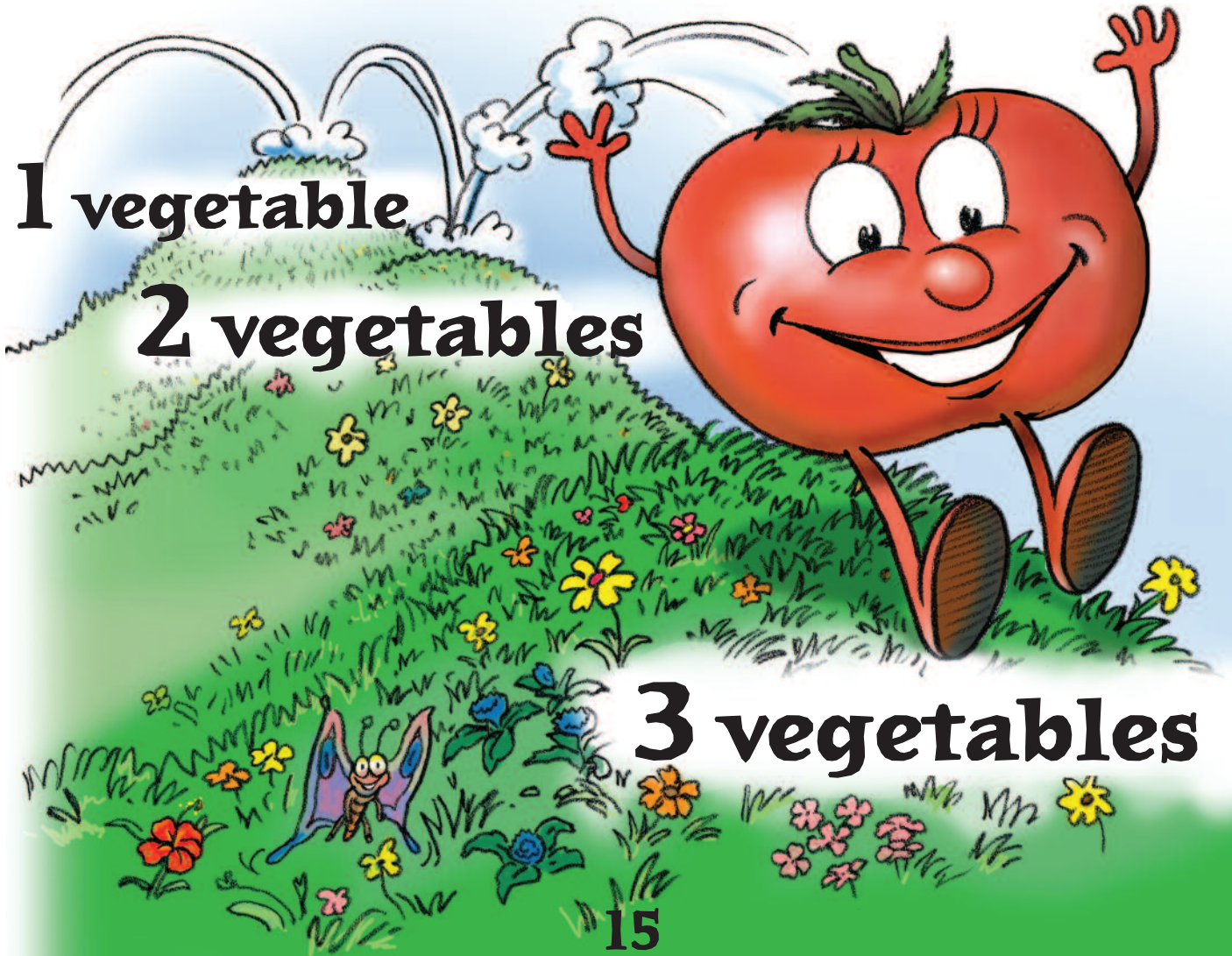


**Let's jump up and down  
3 times.**

**1 vegetable**

**2 vegetables**

**3 vegetables**



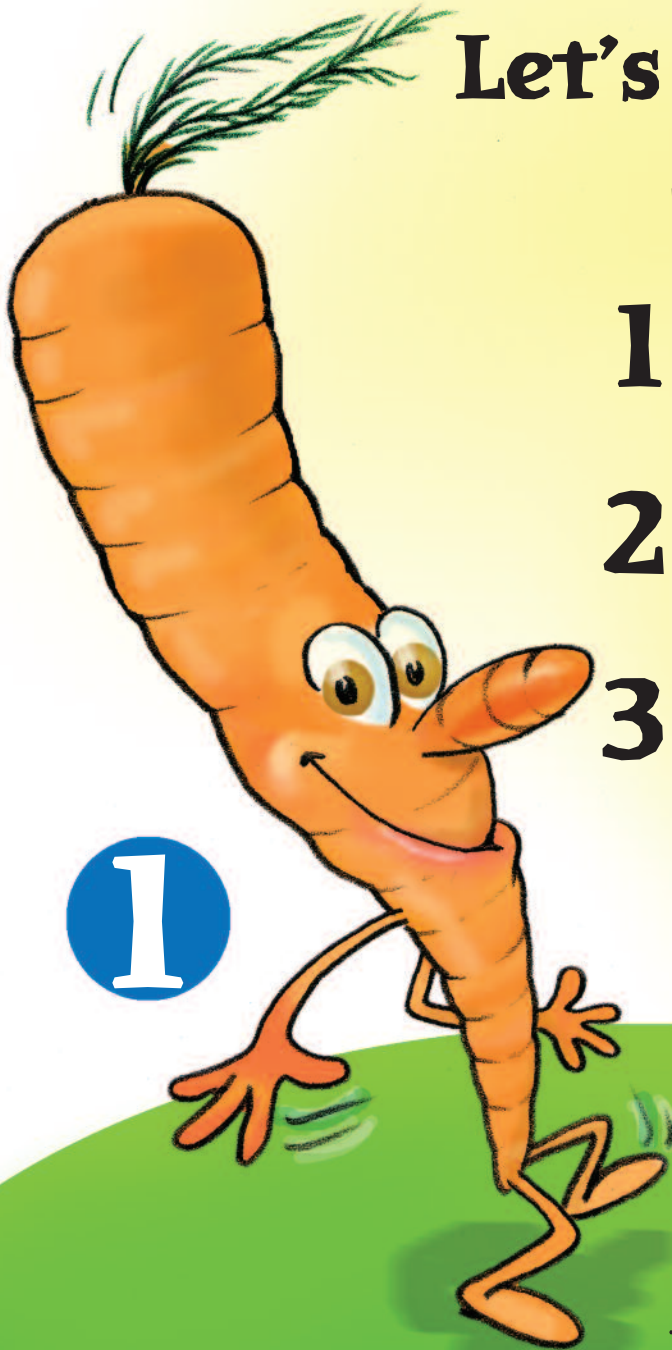


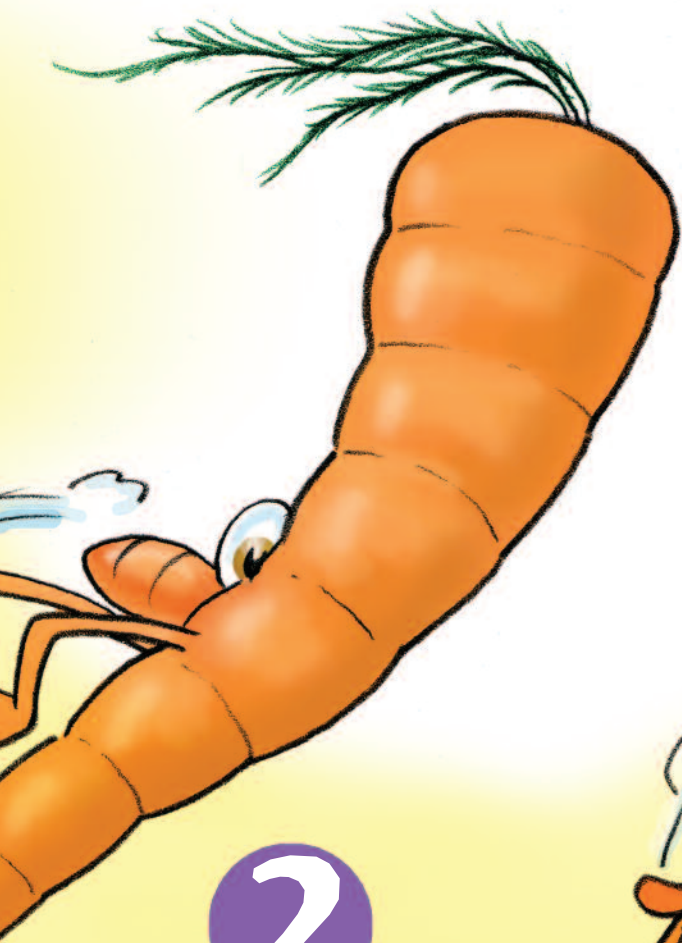
**Let's turn around  
3 times.**

**1 vegetable**

**2 vegetables**

**3 vegetables**





2

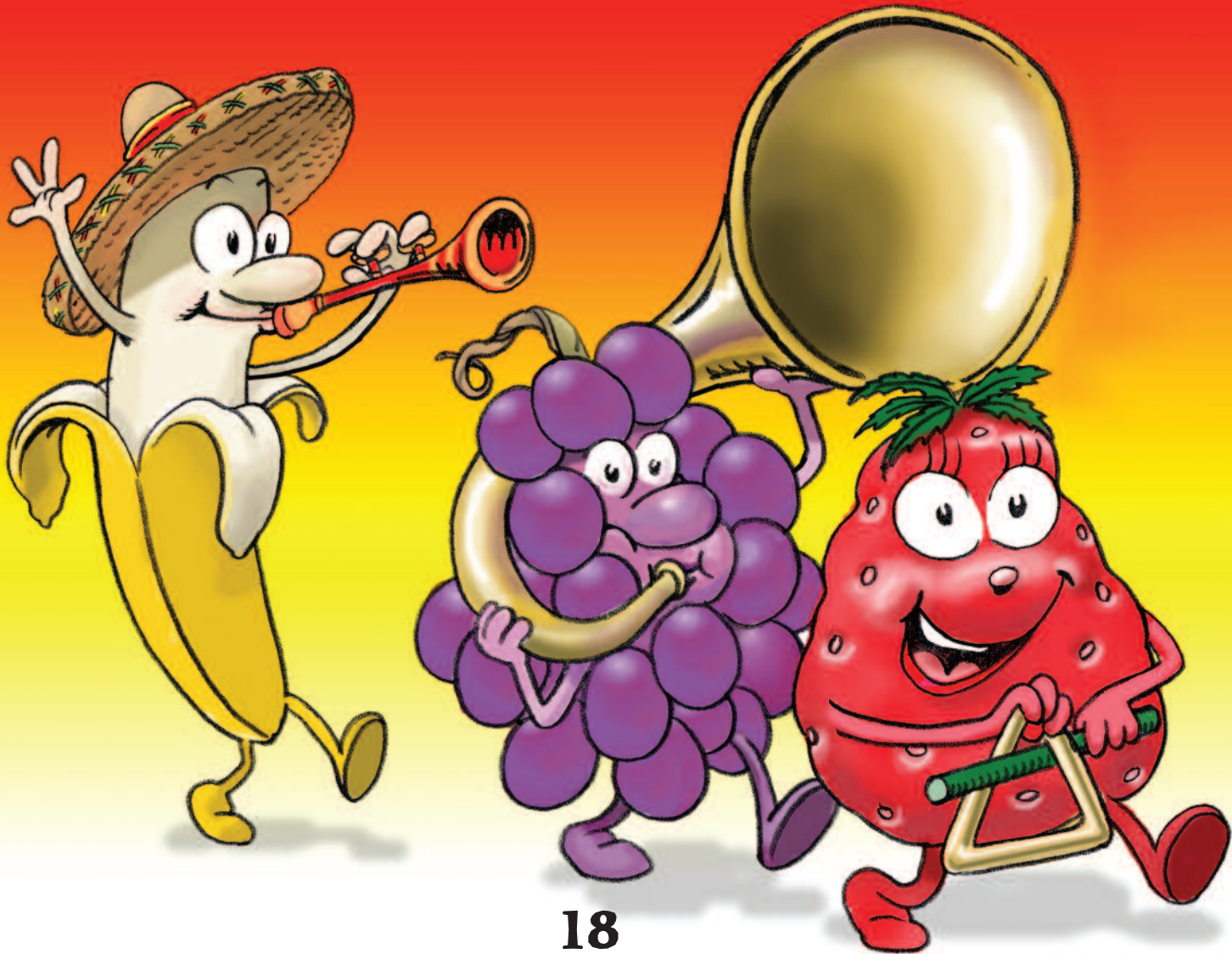


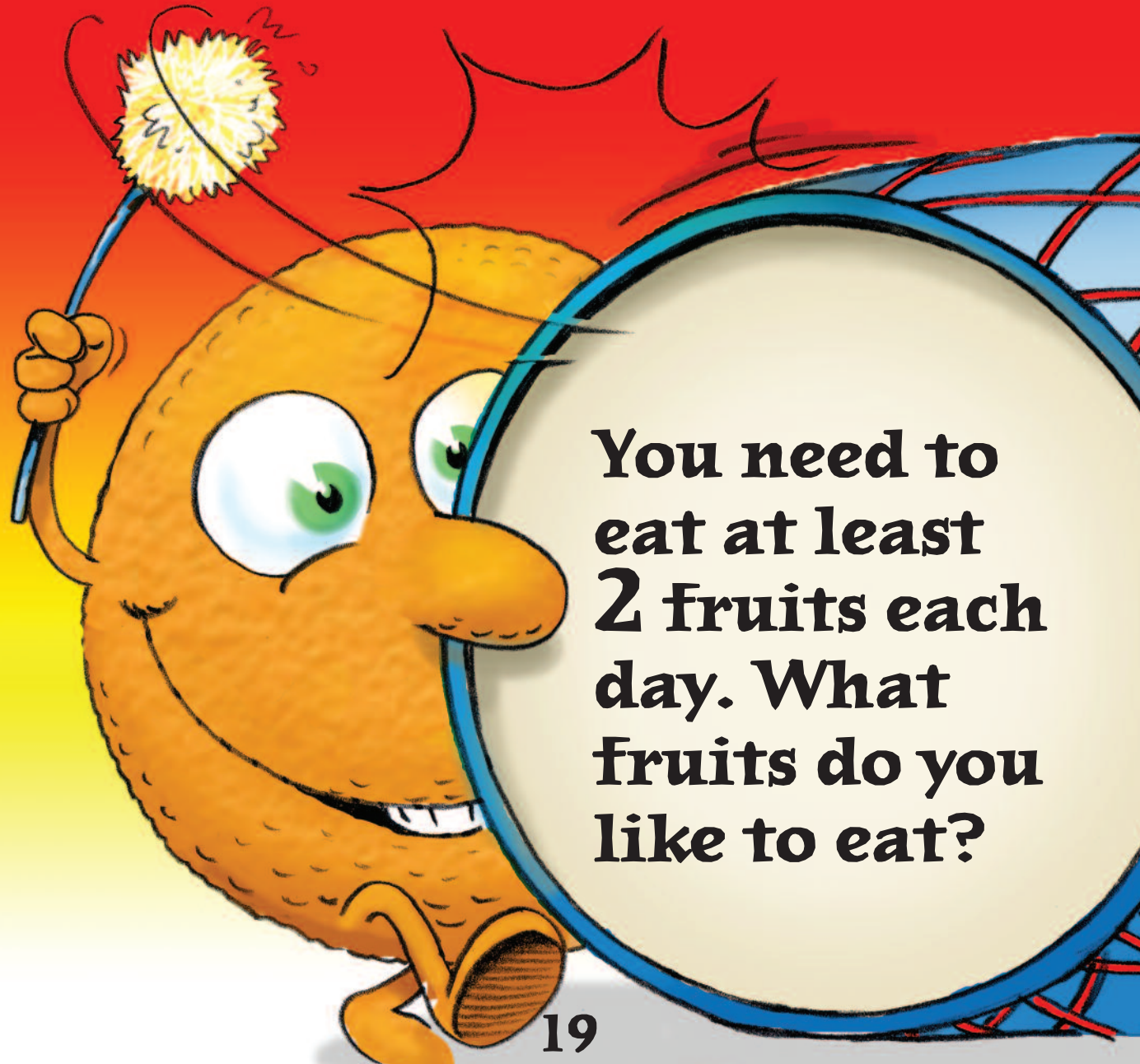
3



# What is a fruit?

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



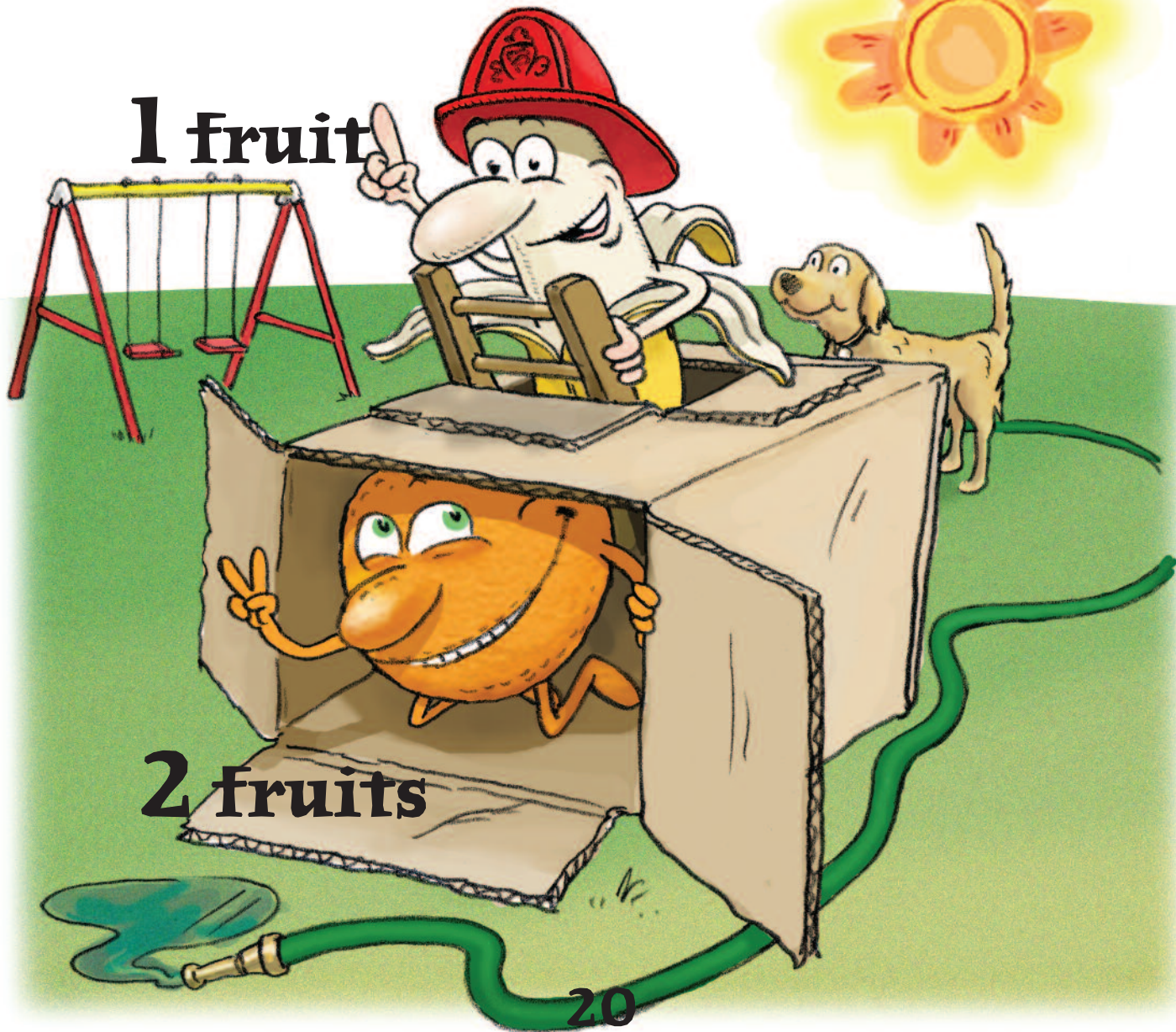
A cartoon orange character with a large, expressive face, wide eyes, and a smiling mouth. It is holding a yellow pom-pom on a blue stick in its right hand. The character is positioned on the left side of the page, with a large, light-colored speech bubble containing text on the right. The background is a vibrant red with a yellow gradient at the bottom left. The orange character has a blue and red striped pattern on its back, suggesting it might be wearing a costume or is part of a larger object.

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



**Let's count to 2!**

**1 fruit**

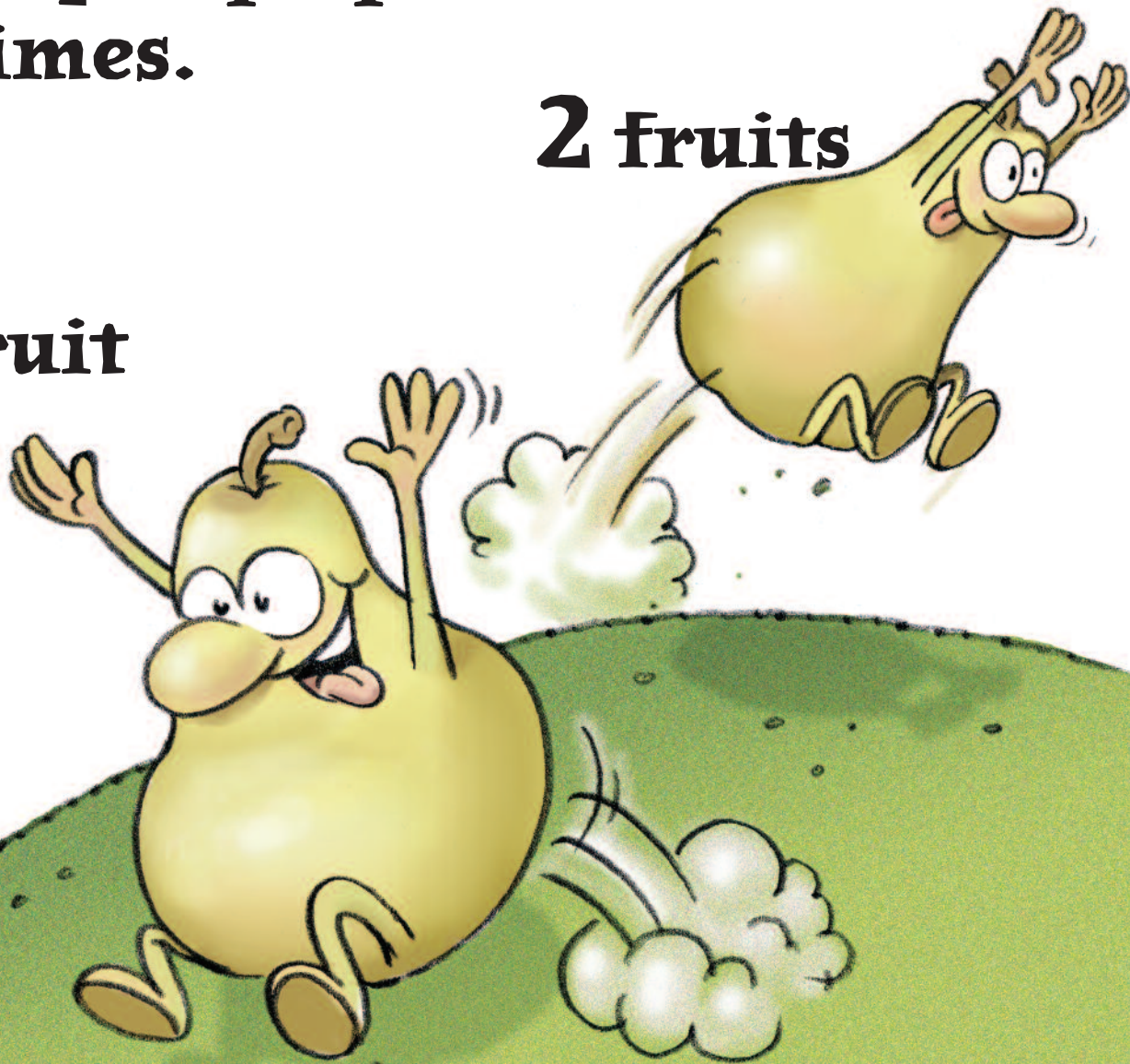


**2 fruits**

**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:

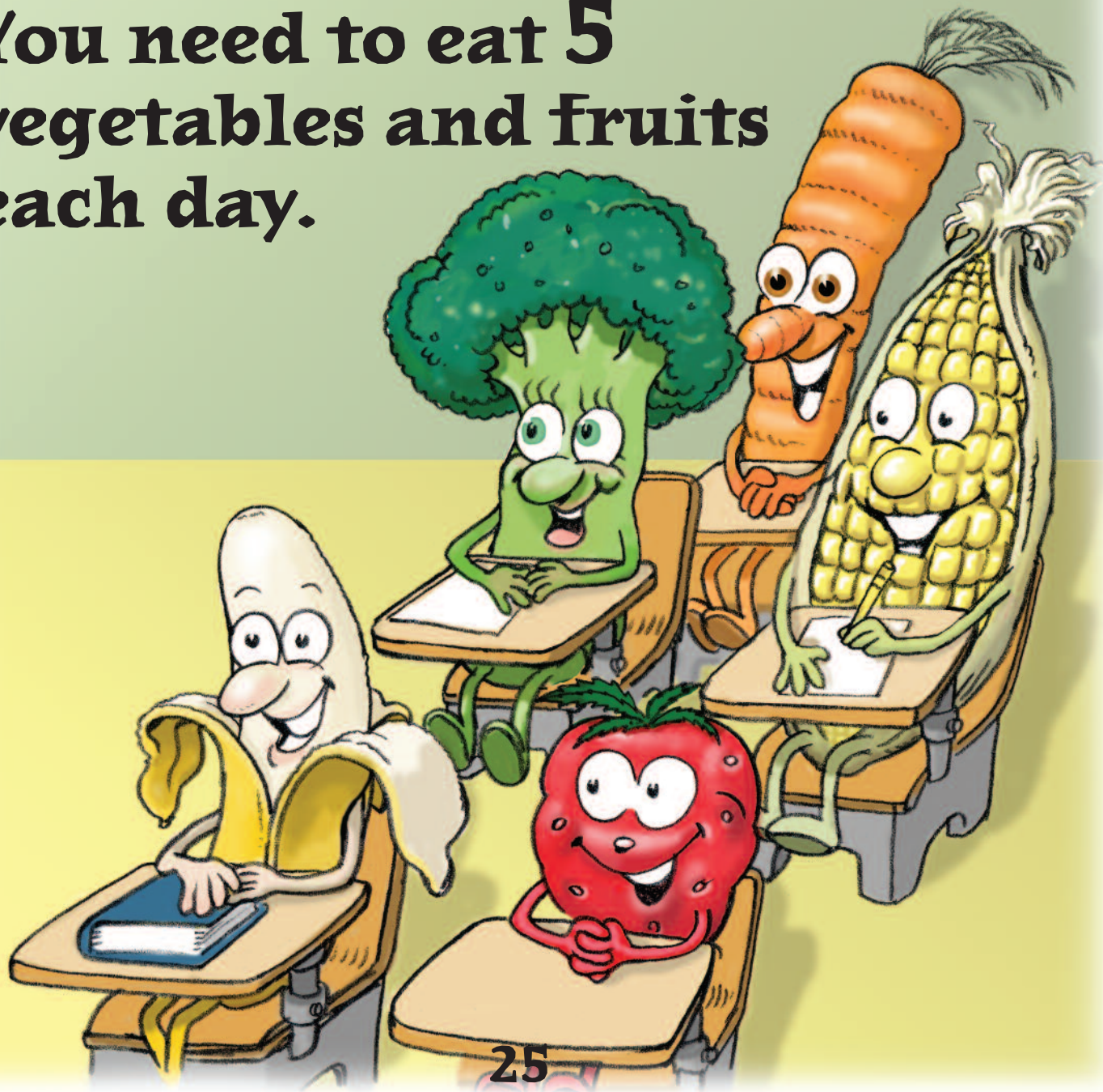
3 vegetables  
+ 2 fruits  

---


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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