

Give me

5

a day!



This book belongs to:



Give me 5 a day!

by

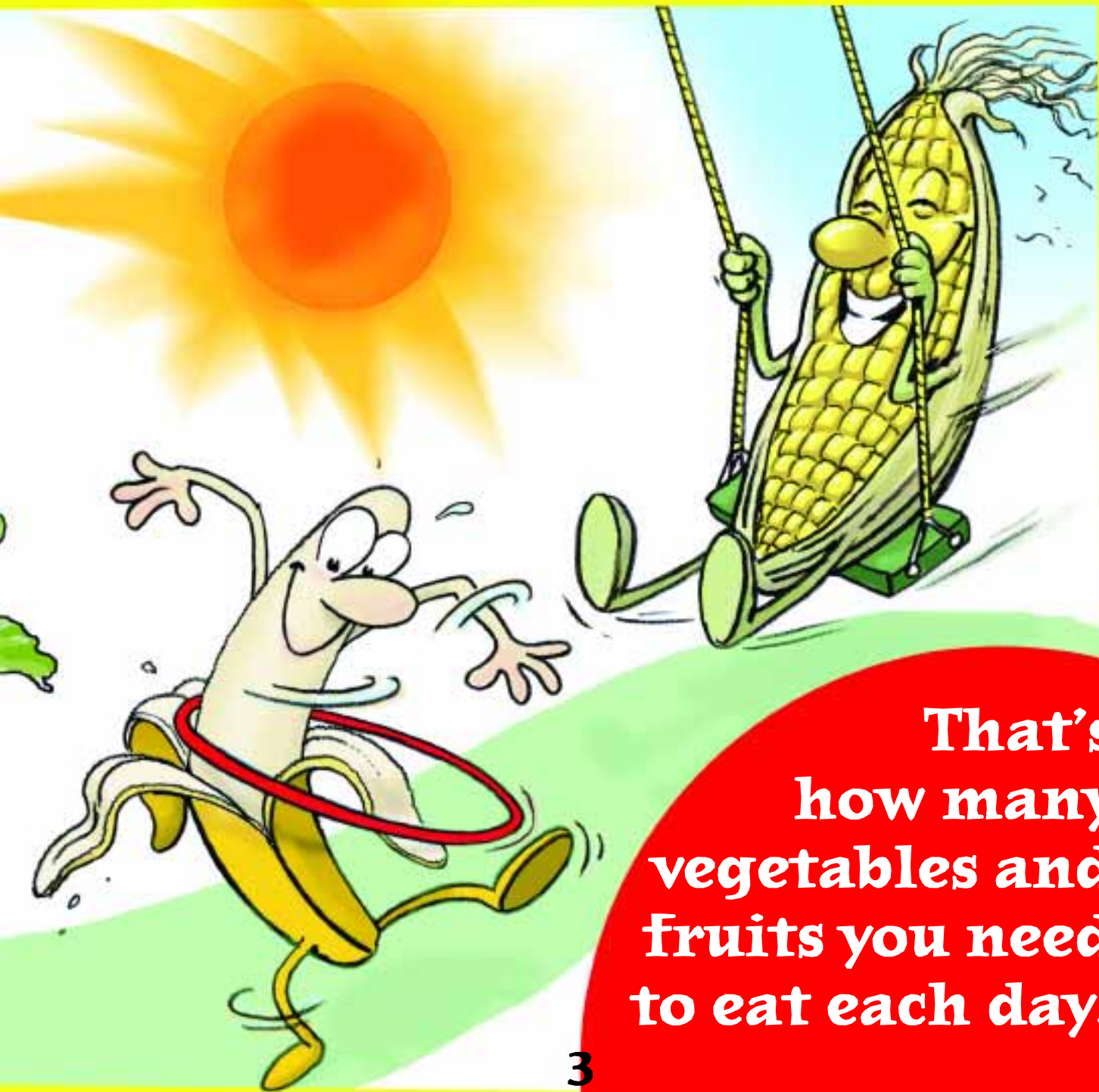
**Kathy Reeves, M.S., R.D., Brenda Crosby, R.D.,
Jennifer Hemphill, M. Elizabeth Hoffman, M.A.**

illustrated by

Bill Celandor

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



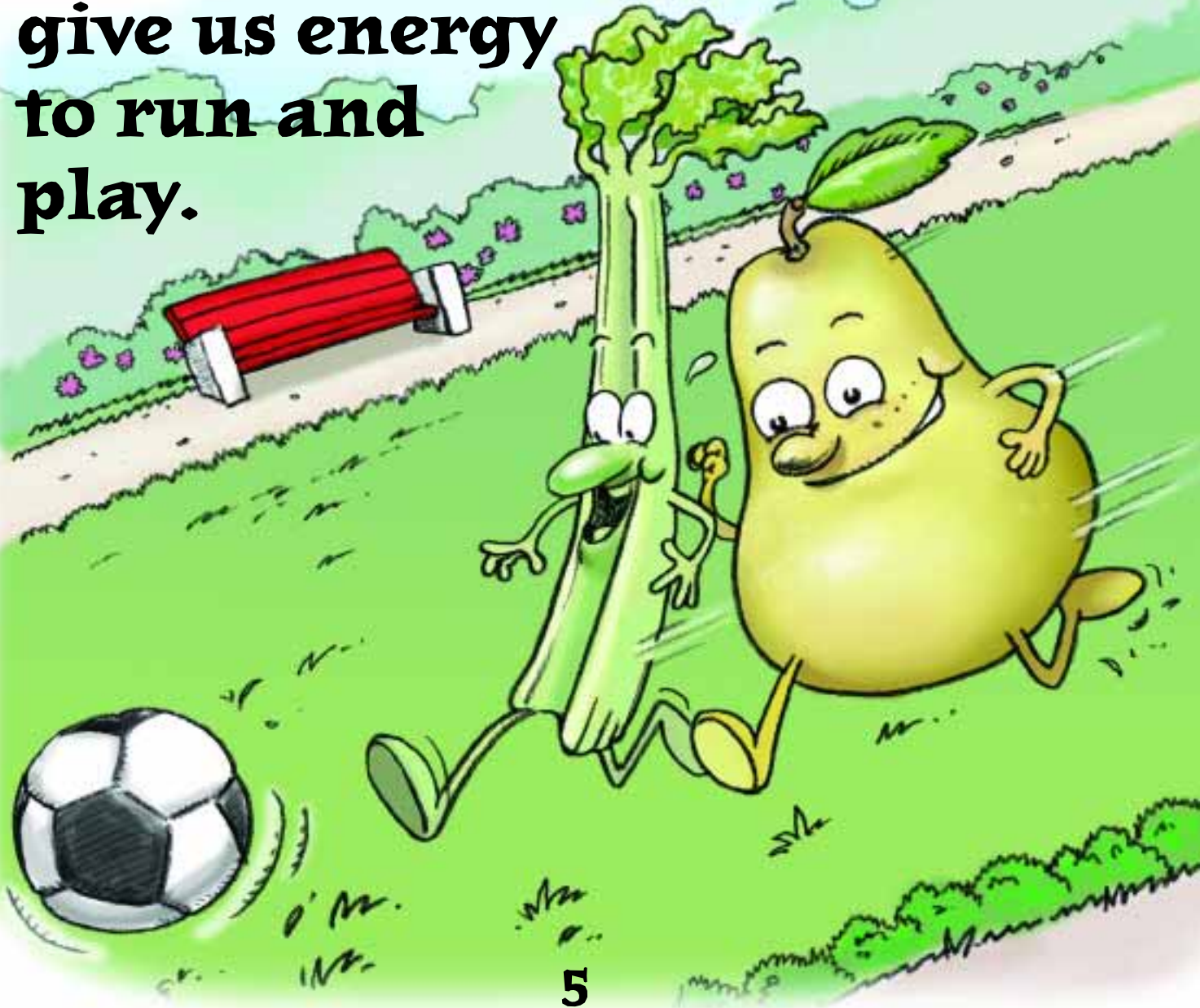


**That's
how many
vegetables and
fruits you need
to eat each day.**



**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!



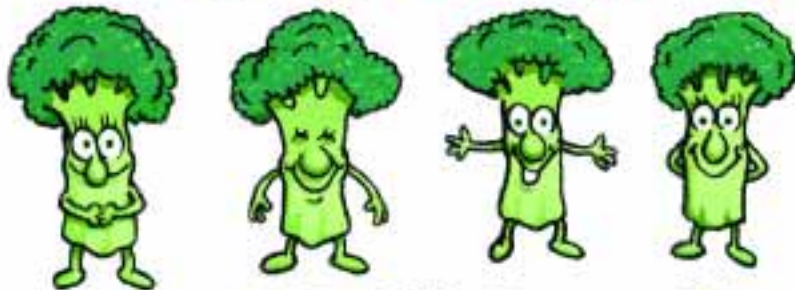
1



2



3

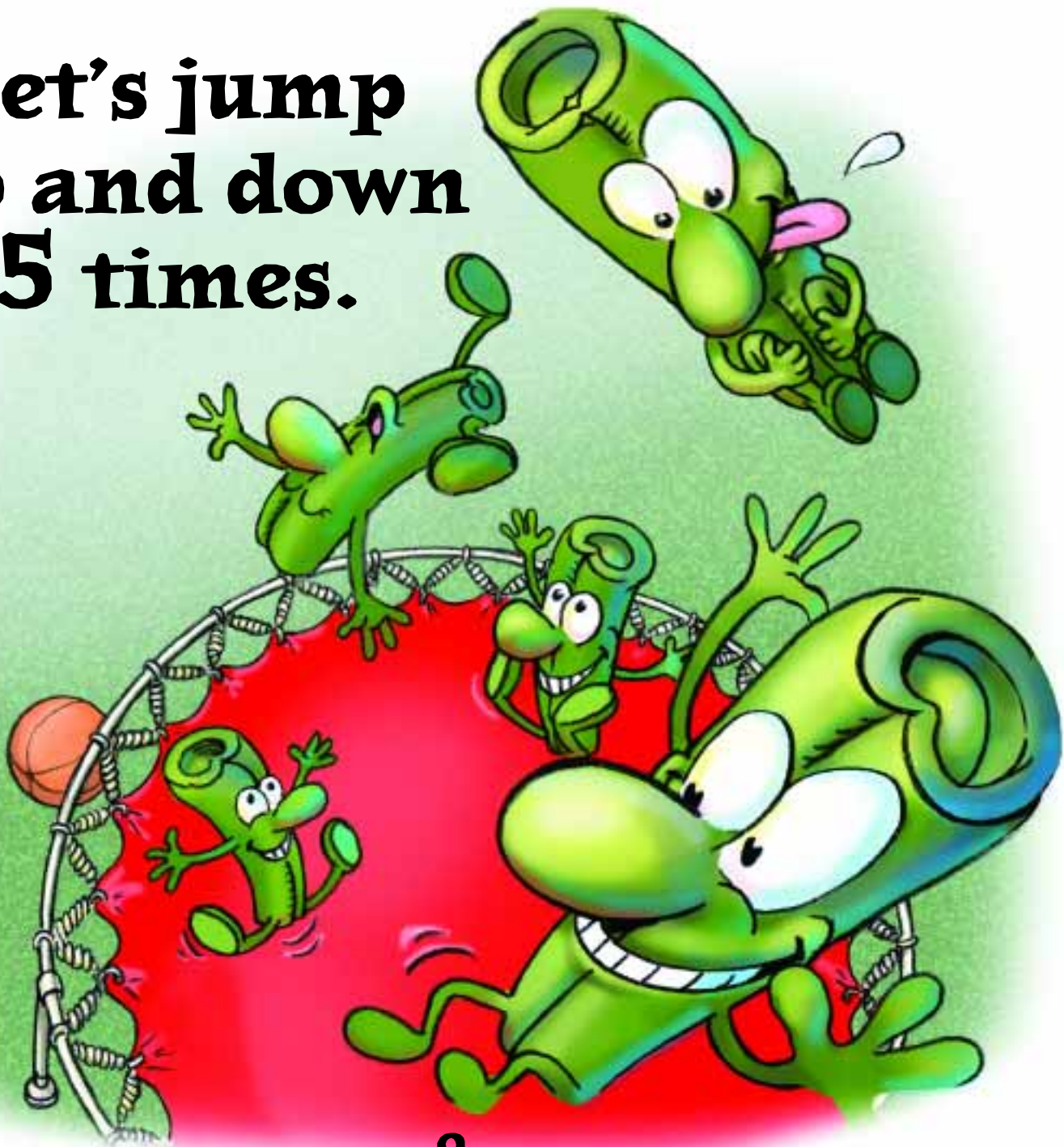


4



5

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



Let's turn around
5 times.

5



1



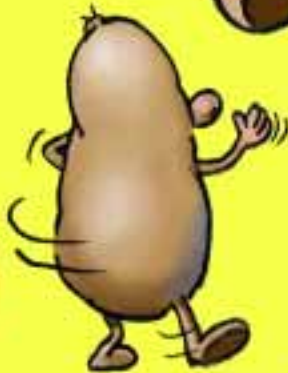
4



2

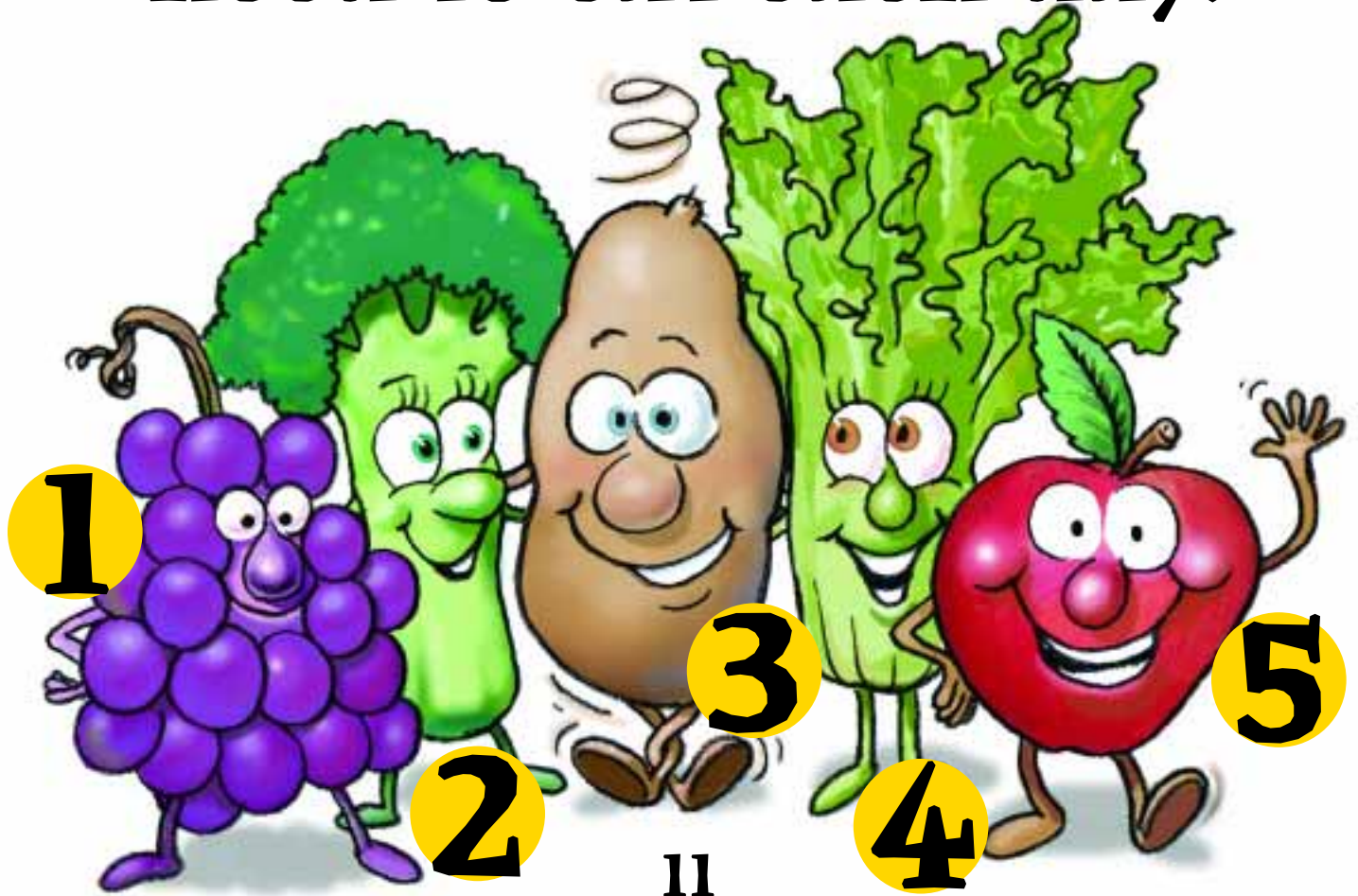


3

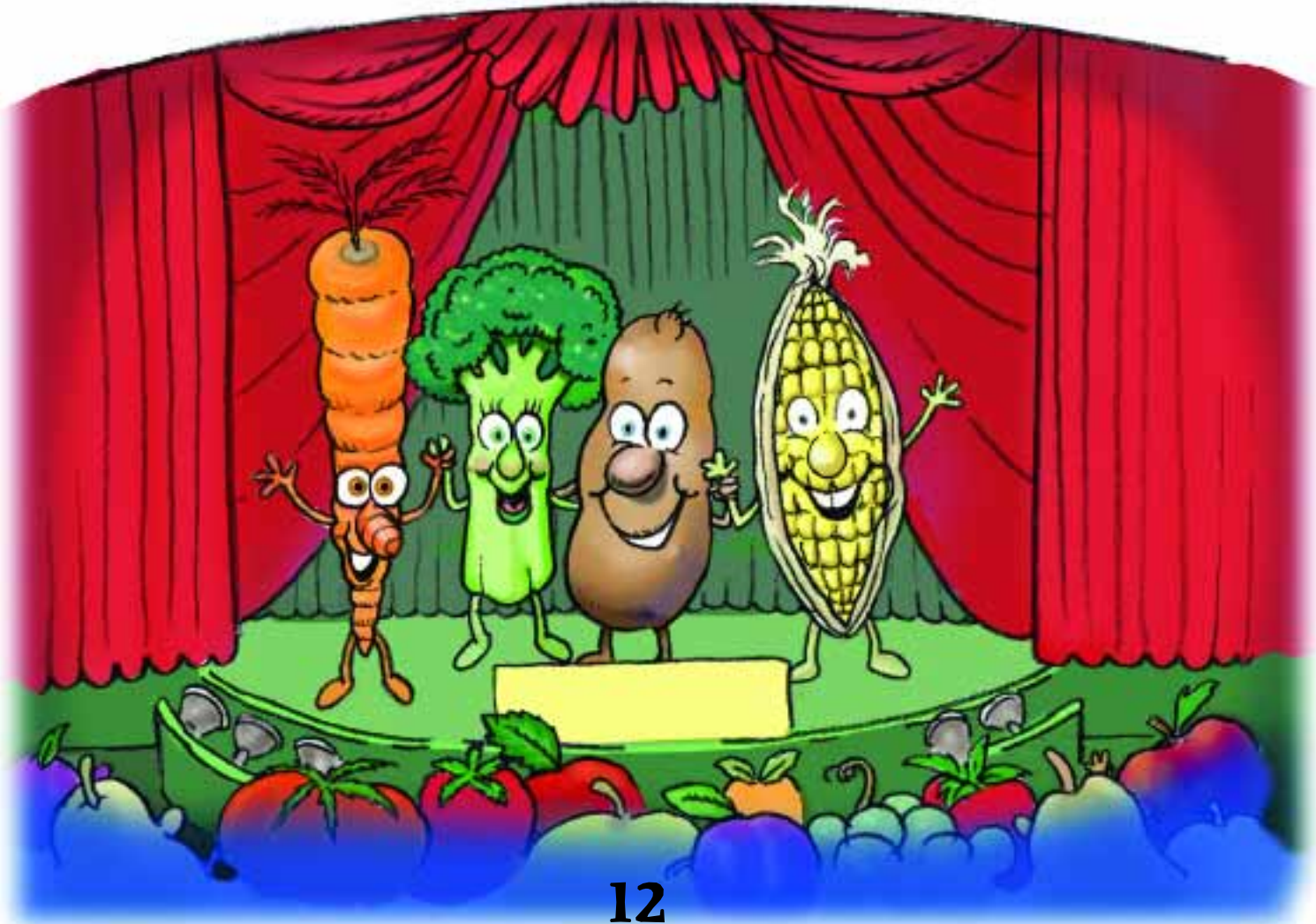


5 . . . 5 . . . 5 . . .

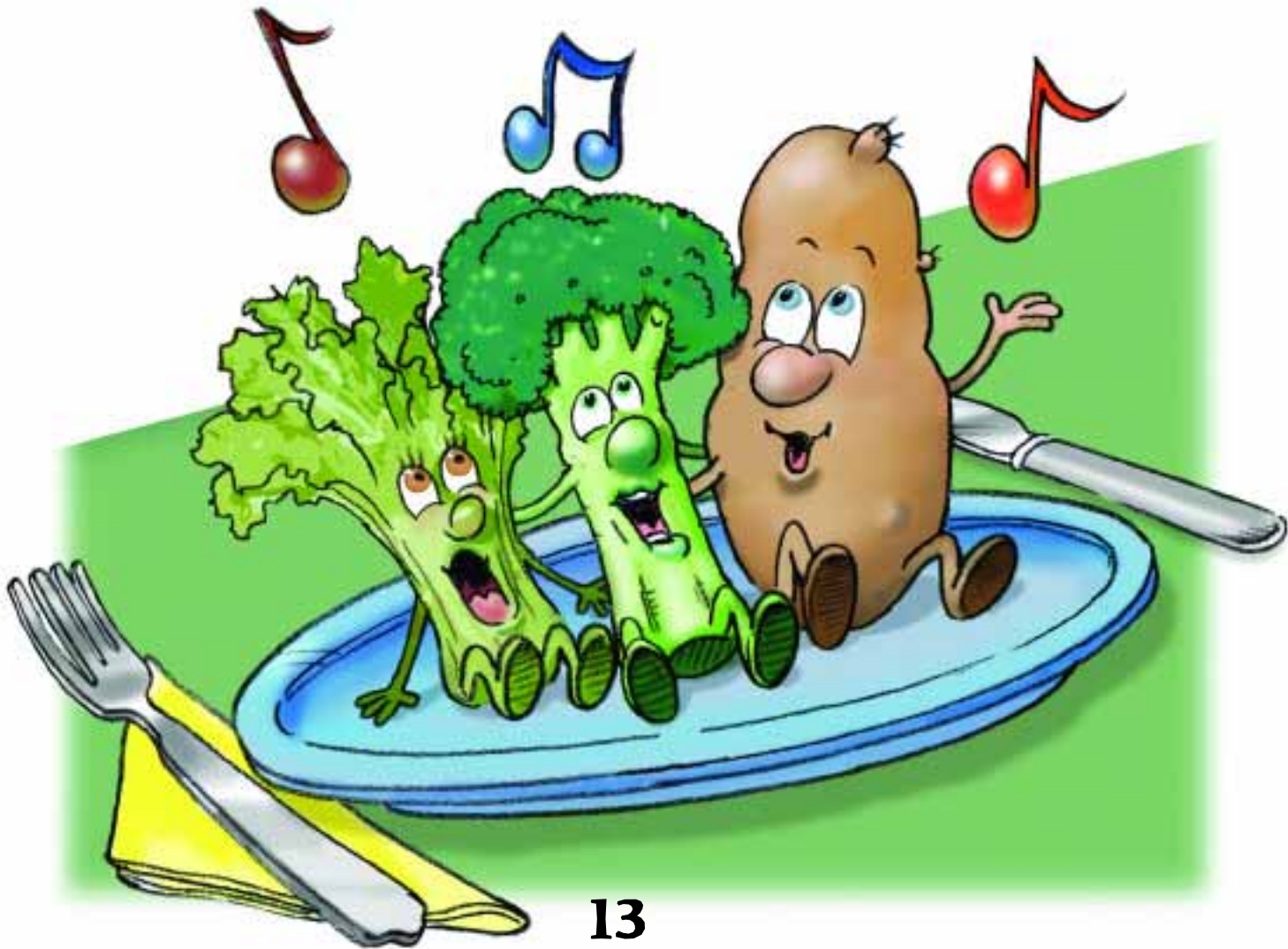
**That's how many
vegetables and fruits you
need to eat each day.**



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.**

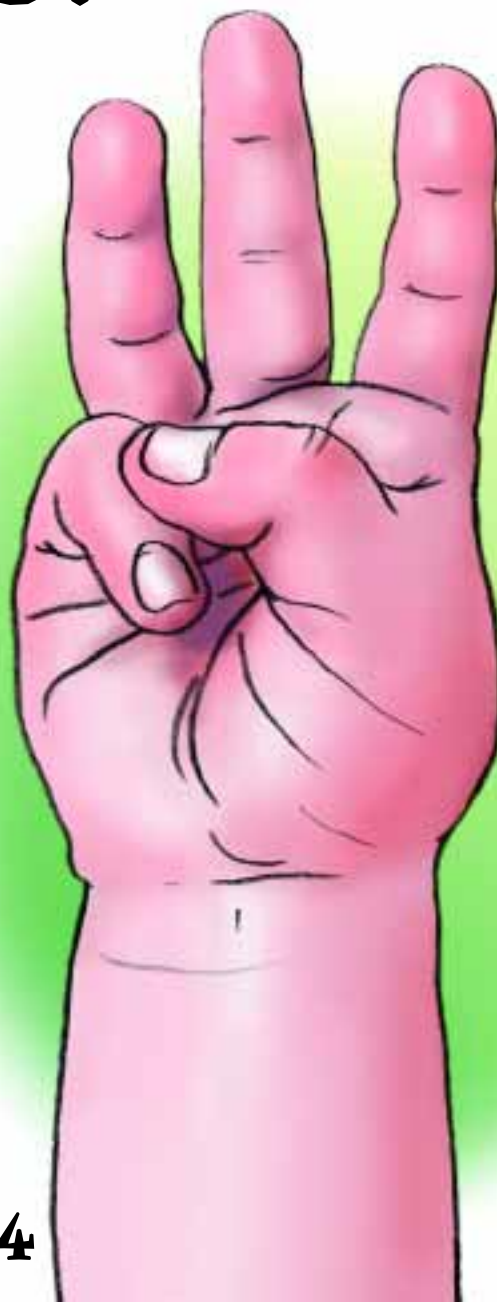


Let's count to 3!

1 vegetable

2 vegetables

3 vegetables

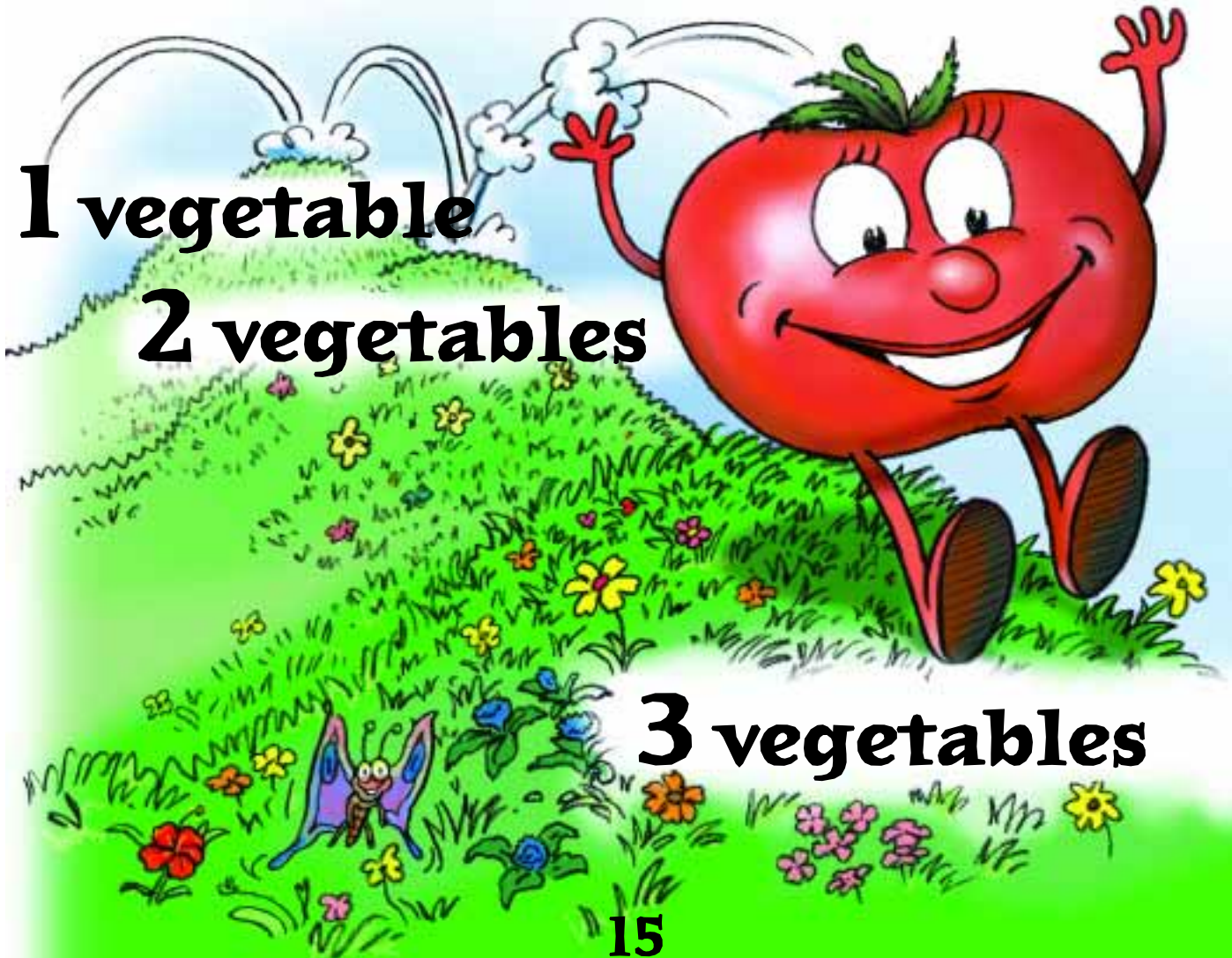


**Let's jump up and down
3 times.**

1 vegetable

2 vegetables

3 vegetables

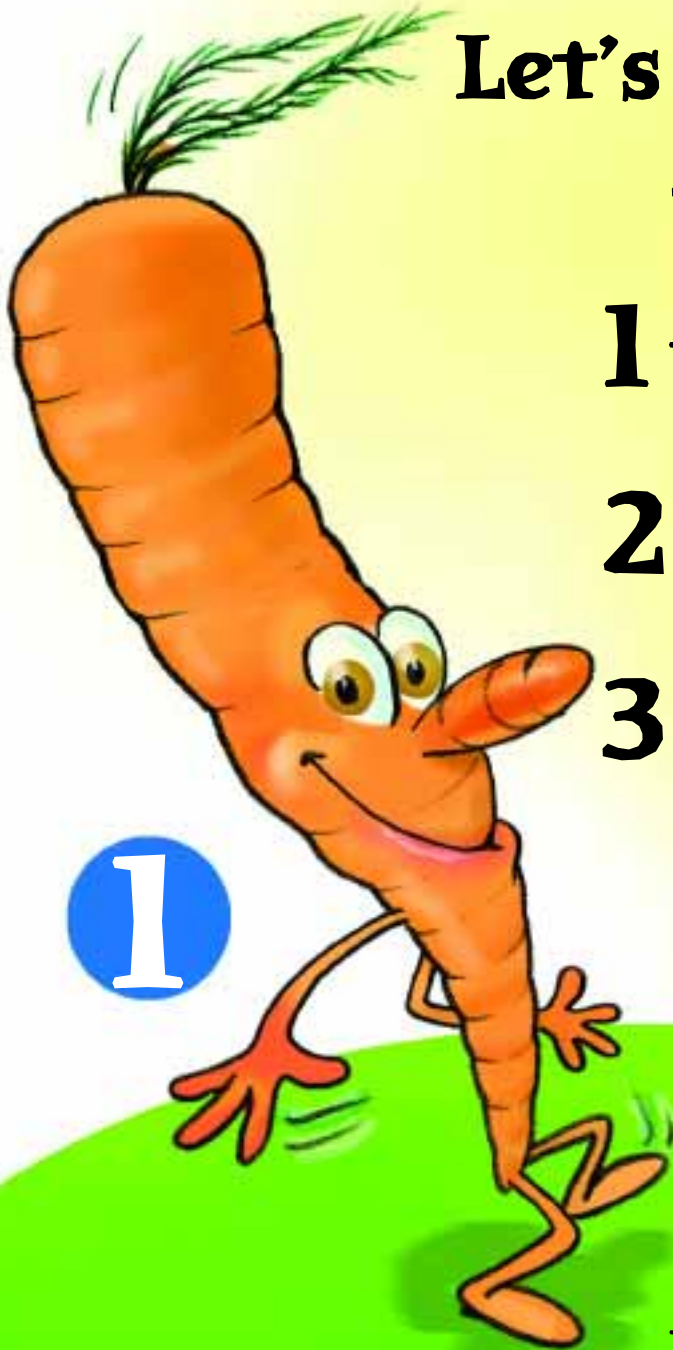


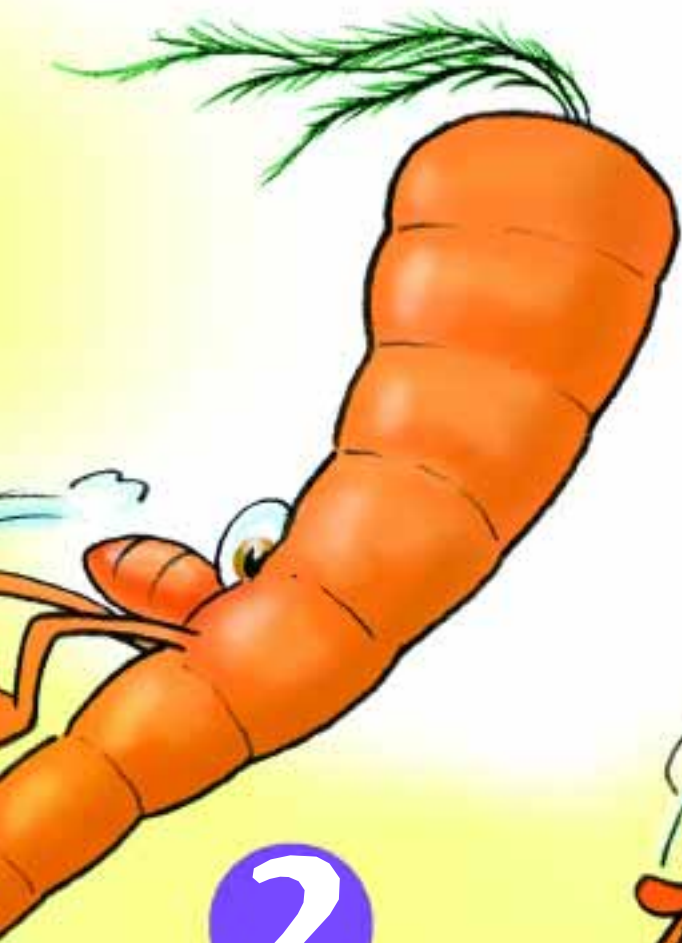
**Let's turn around
3 times.**

1 vegetable

2 vegetables

3 vegetables





2

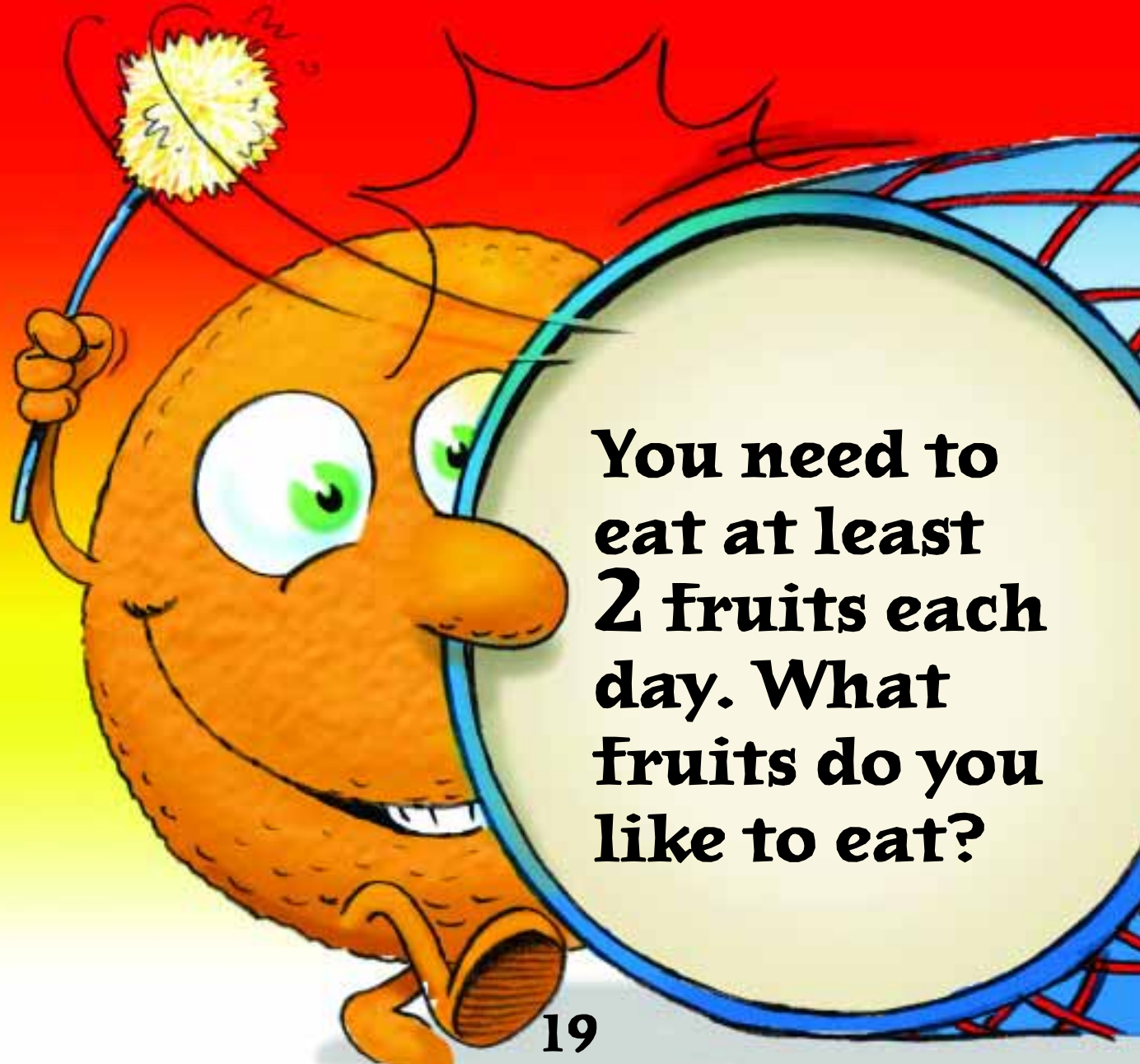


3

What is a fruit?

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

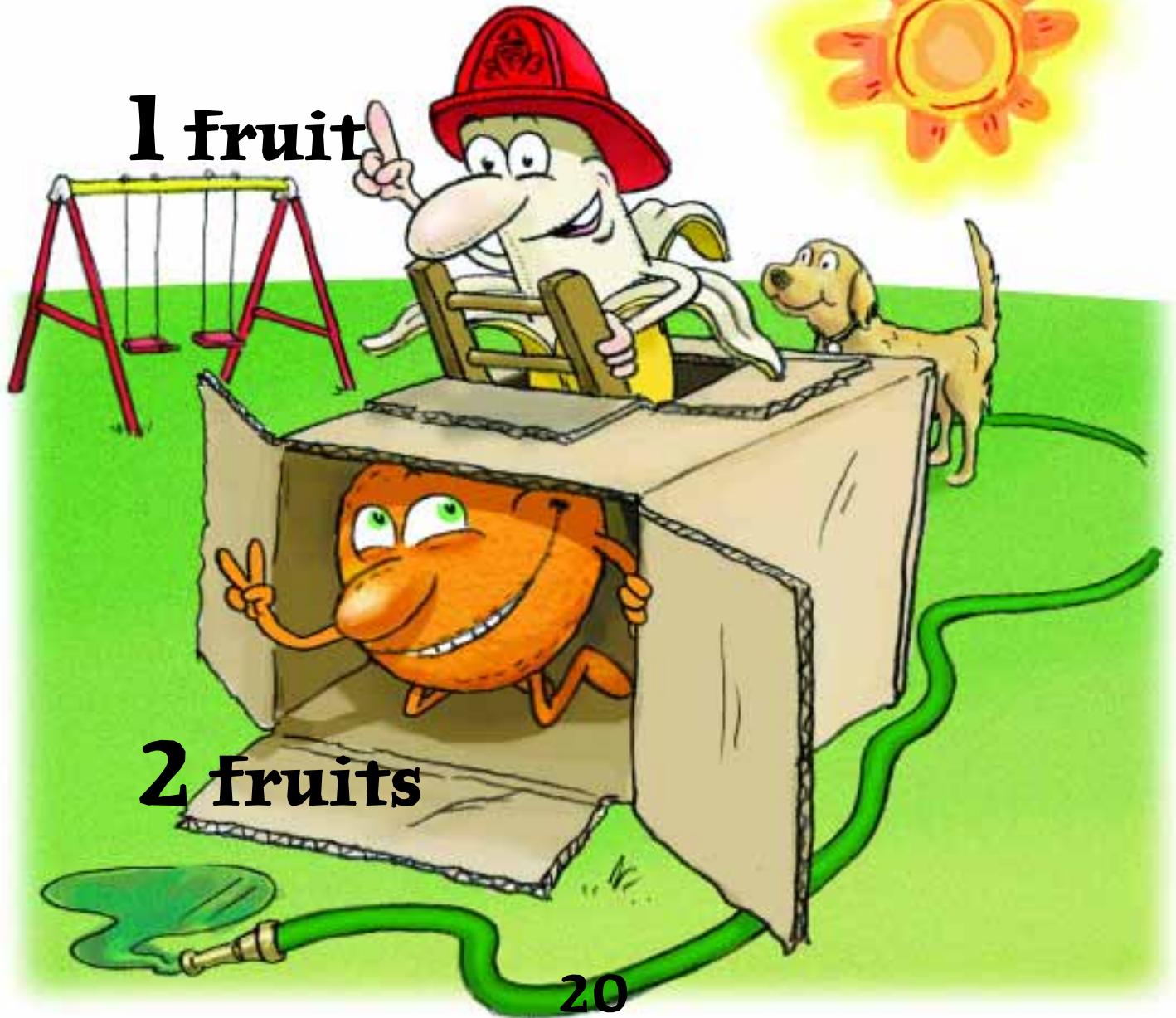


A cartoon orange character with a large, expressive face, wide eyes, and a smiling mouth. It is holding a yellow pom-pom on a blue stick in its right hand. The character is positioned on the left side of the page, with a large, light-colored speech bubble containing text on the right. The background is a vibrant red with some black scribbles. 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

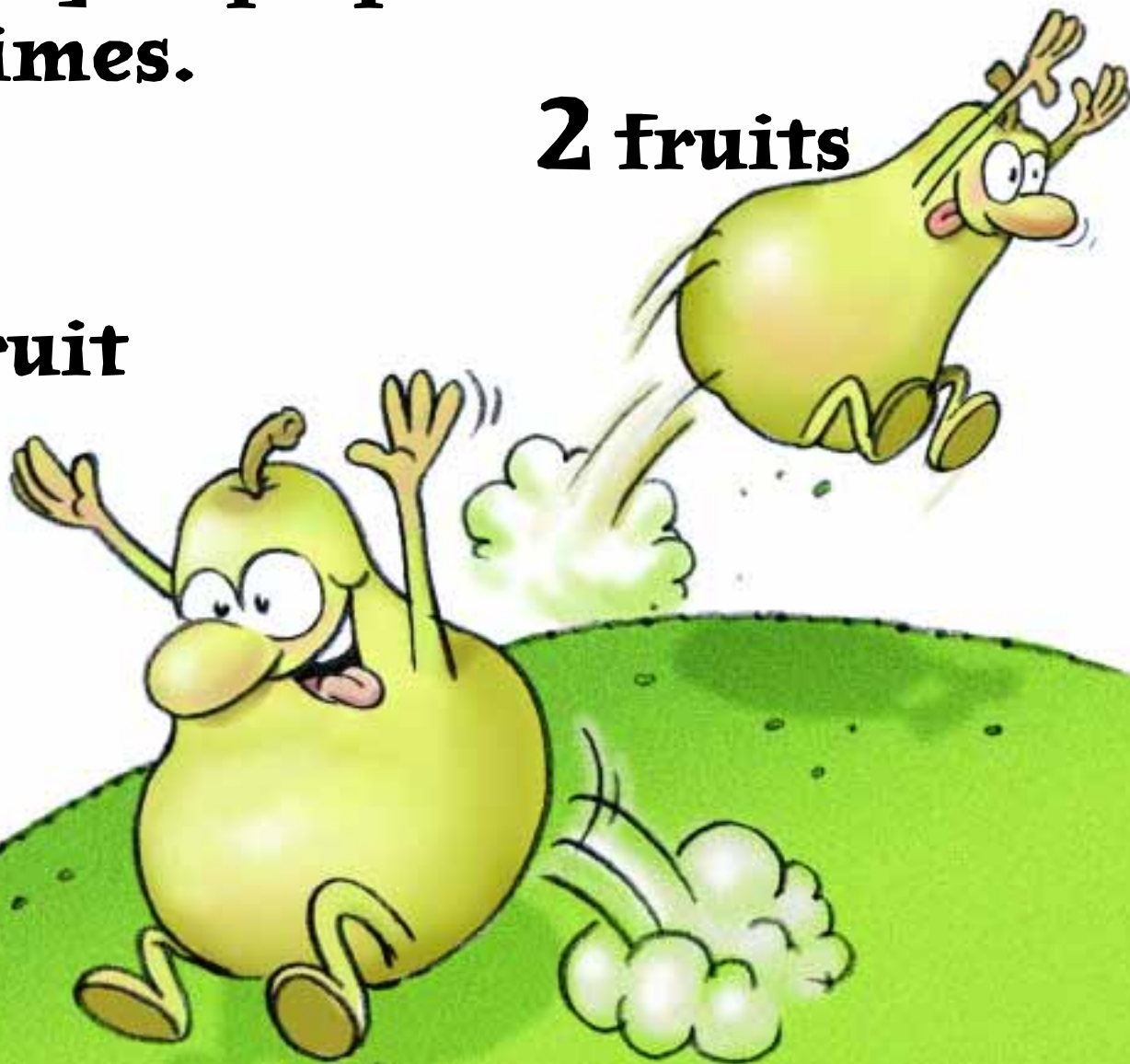


2 fruits

**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:**

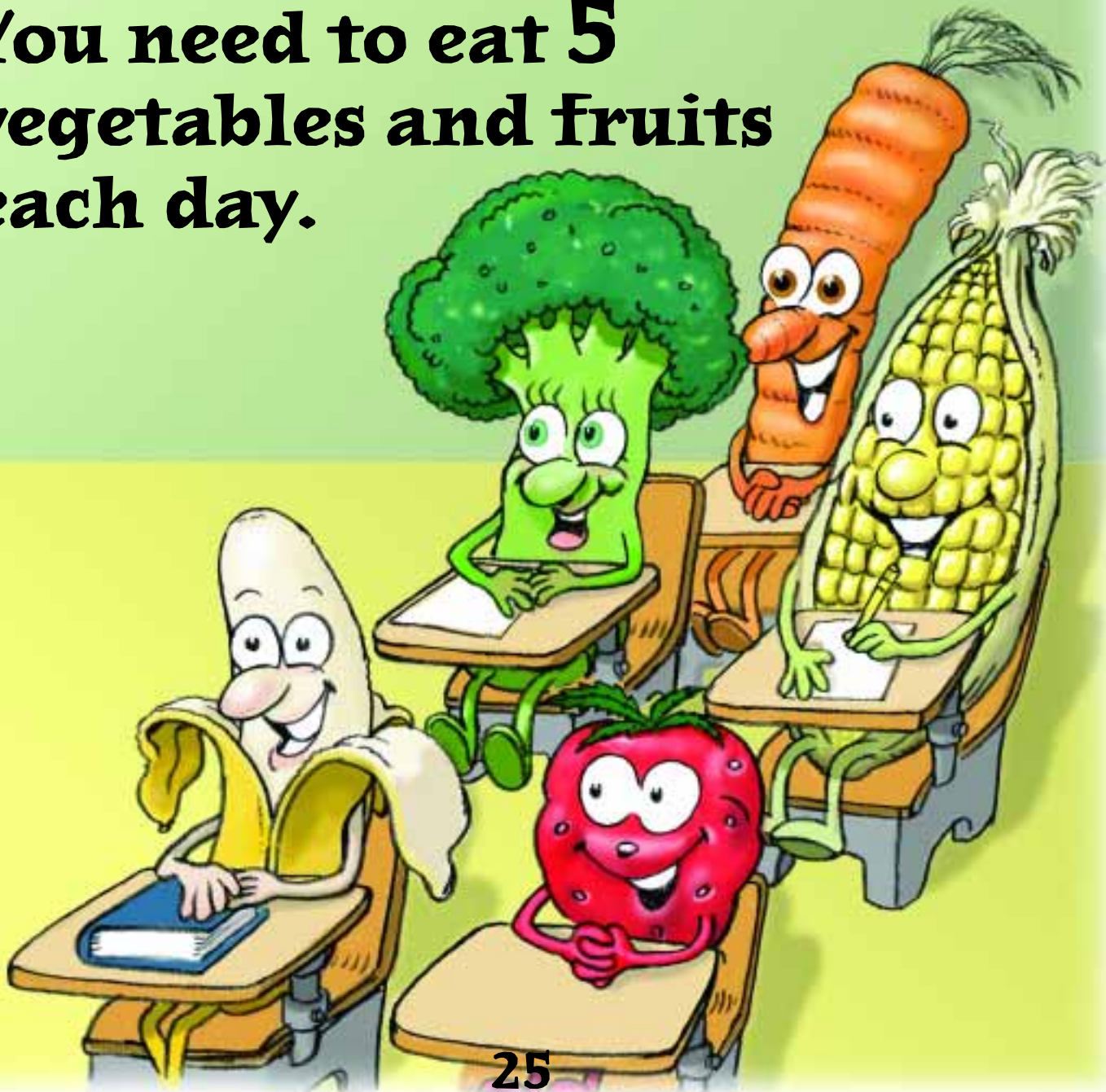
3 vegetables

+ 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!**





3

VEGETABLES

+2

FRUITS

5 ^A _{DAY}



read for health



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