

# GIMME 5

by Mary Anne Gates Kurz

**If you want to live the healthy way,  
Eat FIVE fruits and vegetables every day.**

Have juice at breakfast, carrots with lunch,  
Grapes for a snack (eat a big bunch).  
Peas and potatoes with your dinner—  
That adds up to five, and you're the winner!

In addition to these, there are plenty more.  
There's no need for eating to be a bore.  
Asparagus, apricots, and apples will do.  
Bananas, blueberries, and Brussels sprouts, too.  
Try peaches and pears, turnips, tomatoes,  
Pineapple, peppers, and sweet potatoes.

Corn and celery and cauliflower  
Will raise your energy and give you power.  
Eat raisins, radishes, beans, and berries,  
Oranges, okra, cabbage, and cherries.

Mealtime, snacktime, any time of day—  
Eat a fruit or vegetable, and then you'll say,  
"I feel just great—so healthy and alive.  
Come on, Mom, just GIMME FIVE!"

