

Dear Parent or Teacher,

The USDA Food Pyramid Guideline recommends that everyone eat at least five servings of fruits and vegetables every day. The messages and activities in this workbook are designed to teach children the importance of a nutritious, 5-A-Day diet and show them how to make healthy choices in their every day lives.

To help achieve this, Fifer Five, a mascot promoting the 5-A-Day program, was created. Fifer is shaped like a hand, with his five fingers representing the importance of eating five servings of fruits and vegetables a day. Fifer serves as a fun, entertaining way for kids to learn more about food and motivates them to take the steps necessary to achieve a healthier lifestyle.

Throughout this book, Fifer will lead your children on a variety of adventures to stimulate not only healthy appetites, but strong minds and bodies as well. With your guidance and support at home, Fifer can instill the desire for kids to "Take Five" to eat, learn and live better than ever.

FAMILY CONTRACT

As a family, we are aware of the importance of eating a healthy and balanced diet. We will work together to select foods and plan meals that allow us to eat, feel and live better. We pledge to take the following steps to allow us to be successful in this challenge.

FAMILY MEMBERS' NAMES:

1. _____	5. _____
2. _____	6. _____
3. _____	7. _____
4. _____	8. _____

CHILD'S PLEDGE:

I pledge to eat a balanced diet that contains at least five servings of fruits and vegetables a day. I also pledge to help inspire my family to eat five servings of fruits and vegetables a day, so we can all live a healthy life.

CHILD'S SIGNATURE: _____

PARENT'S PLEDGE:

I pledge to support my child in developing and maintaining a healthy diet that contains at least five servings of fruits and vegetables a day. I also promise to do everything in my power to create a home environment that makes healthy eating and living a top priority for our family.

PARENT'S SIGNATURE: _____

