

Gimme Five Activity / Upper Elementary

Hardy Heart is eager to find out what you think of his debut as a singer in *Gimme Five*. Answer the questions below.



1. What was your favorite part of *Gimme Five* and why?
2. What important lesson did you learn from the show and how do you plan to use it in your life?
3. In the *Gimme Five* song, The Kidney Brothers listed all kinds of fruits. Draw and label 3 fruits that you like or would like to try.
4. The Kidney Brothers also sang about vegetables. Draw and label 3 vegetables that you like or would like to try.

The Kidney Brothers®

Healthy Lifestyle/Nutrition

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This week, focus on getting high-fiber fruits and vegetables in your diet. You should eat at least 5 each day. Color in the numbers as you count up your fruit and vegetable choices for the day. Then list which items you chose to eat!

MONDAY	FOOD ITEM
1 2 3	_____
4 5	_____

FRIDAY	FOOD ITEM
1 2 3	_____
4 5	_____

TUESDAY	FOOD ITEM
1 2 3	_____
4 5	_____

SATURDAY	FOOD ITEM
1 2 3	_____
4 5	_____

WEDNESDAY	FOOD ITEM
1 2 3	_____
4 5	_____

SUNDAY	FOOD ITEM
1 2 3	_____
4 5	_____

THURSDAY	FOOD ITEM
1 2 3	_____
4 5	_____



peas



broccoli



lemon



bananas



pineapple



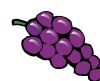
tomato



cherries



watermelon



grapes



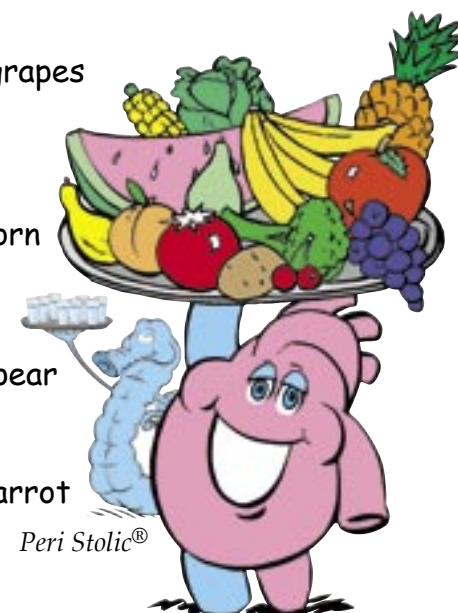
corn



pear



carrot



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