

It's true.

Assume the smallest integer is n ,

so the five consecutive integers are $n, n + 1, n + 2, n + 3, n + 4$.

Then we get $n + (n + 1) + (n + 2) + (n + 3) + (n + 4) = 5n + 10 = 5(n + 2)$,
it can be divided by 5.

Hence, it's proved true.