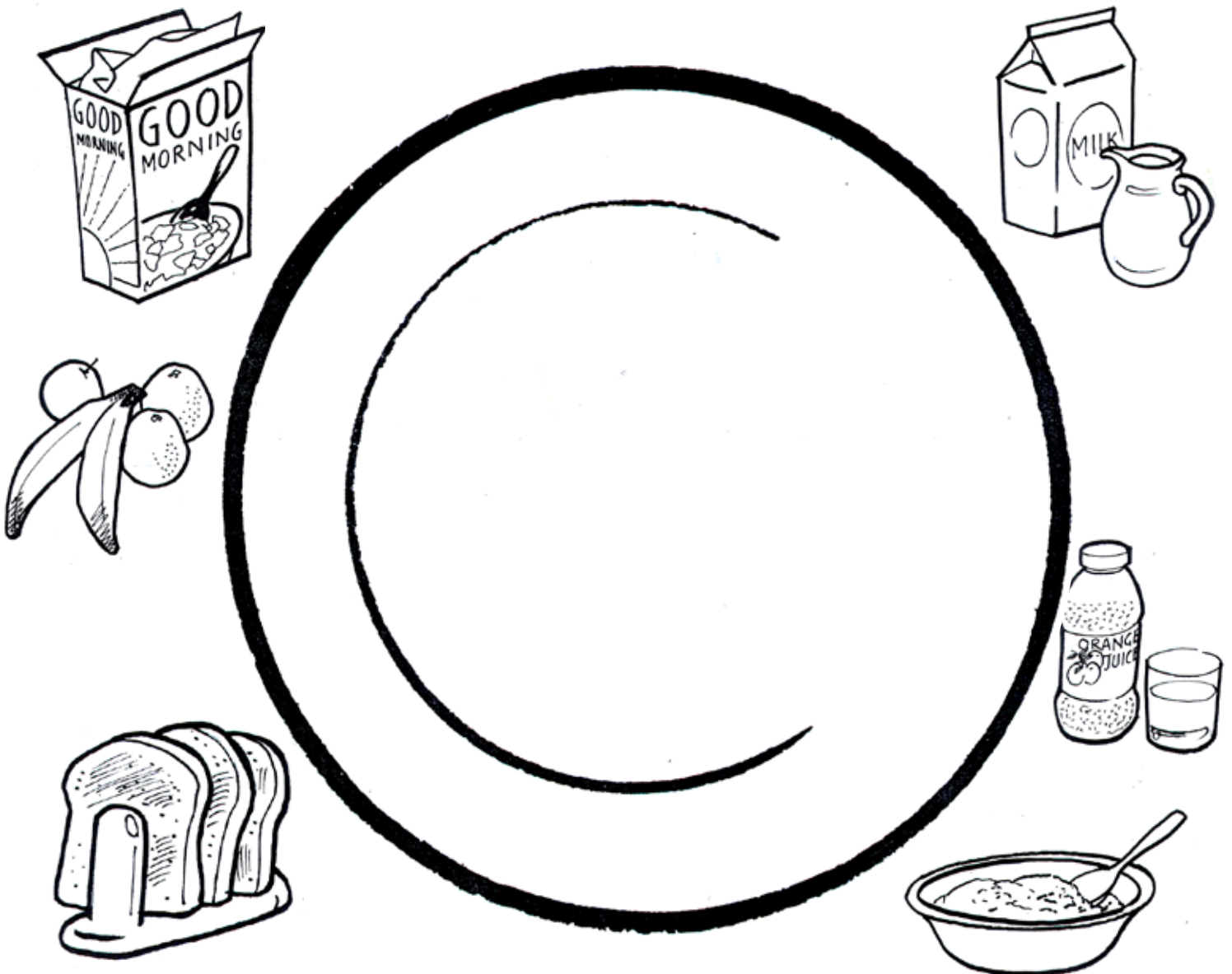


5-7 year-olds

Activity Sheet 4

Healthy breakfast

1. Decide what Hare and Tortoise should eat for a healthy breakfast. They need enough energy to get to the top of the hill.
2. Draw or stick your choices onto the plate outline. There are some pictures to help you think of ideas.
3. Explain why this is a healthy breakfast by finishing the sentence at the bottom of the sheet.



I have chosen _____

because _____