

Little Explorers | Ages 4-5

Healthy Food Choices

World Around Me

Food awareness



Inside this printable

- 8 focused activity pages
- Clear, age-aware instructions
- A final grown-up guidance page

Play. Learn. Grow.

A BrightPencil Kids printable for ages 4-5 focused on food awareness. Talk about everyday foods and balanced choices.

ACTIVITY 1

Healthy Food Choices

Which usually happens in the morning?

A. wake up

B. go to bed

C. dream all night

Circle your answer, then explain why you chose it.

ACTIVITY 2

Healthy Food Choices

What often happens after brushing teeth at night?

A. go to bed

B. go to school

C. eat lunch

Circle your answer, then explain why you chose it.

ACTIVITY 3

Healthy Food Choices

Which is a daytime activity?

A. eat lunch

B. sleep all night

C. see stars at midnight

Circle your answer, then explain why you chose it.

ACTIVITY 4

Healthy Food Choices

What often happens before school?

A. get dressed

B. go to sleep

C. eat dinner

Circle your answer, then explain why you chose it.

ACTIVITY 5

Healthy Food Choices

What usually ends the day?

A. bedtime

B. breakfast

C. morning

Circle your answer, then explain why you chose it.

ACTIVITY 6

Healthy Food Choices

Which usually happens in the morning?

A. wake up

B. go to bed

C. dream all night

Circle your answer, then explain why you chose it.

ACTIVITY 7

Healthy Food Choices

What often happens after brushing teeth at night?

A. go to bed

B. go to school

C. eat lunch

Circle your answer, then explain why you chose it.

ACTIVITY 8

Healthy Food Choices

Which is a daytime activity?

A. eat lunch

B. sleep all night

C. see stars at midnight

Circle your answer, then explain why you chose it.

GROWN-UP HELP

Keep practice short and positive

- 1 Read the instruction together once.
- 2 Let the learner try before stepping in.
- 3 Ask: How did you work that out?
- 4 Correct one small thing at a time.
- 5 Finish with one success the learner can name.

Answer guidance

Open drawing and writing tasks can have more than one good answer. For number, language and knowledge questions, check the learner can explain the idea rather than only guess. Online Practice gives immediate gentle feedback for the matching digital activity.

BrightPencil rule: progress matters more than perfection.