

Food Variety & Everyday Nutrition

Recognise that varied foods provide different nutrients and that health guidance should avoid shame or rigid rules.

LEARN • PRACTISE • CREATE • REFLECT

Original BrightPencil Kids resource - adult-led where appropriate

A4 edition • 12 purposeful pages • review copy

Print. Learn. Grow.

Grown-up guide

Learning objective

Recognise that varied foods provide different nutrients and that health guidance should avoid shame or rigid rules.

Use this pack well

- Model the first example aloud, then let the learner try.
- Ask “How do you know?” more often than “Are you finished?”.
- Use real objects, talk, movement or observation when the activity suggests it.
- Stop or shorten the session if attention or enjoyment drops.
- Open-ended pages can have many successful answers.

Quality note

This resource was written originally for BrightPencil Kids. Curriculum sources informed scope and progression only; no third-party worksheet or story text is reproduced.

Learn the idea

1 Bodies need energy, water and a variety of nutrients.

2 Different foods can contribute in different ways.

3 Food choices are influenced by culture, availability, allergies, preferences and family circumstances.

Talk about it

Explain one idea in your own words. Give an example from real life, a drawing or an object if that helps.

Build three varied fictional meal plates from a broad food list.

Explain why “one perfect food” is not a useful nutrition idea.

Identify water as an important drink for hydration while recognising individual medical advice belongs to professionals.

Compare two snacks by describing ingredients rather than labelling a person good/bad.

Write a respectful question about a food from another culture.

Try it beyond the page

Real-world / hands-on connection

With an adult, notice variety across foods you already use; do not turn the activity into calorie counting or body judgement.

Before you finish

What did you notice?

What evidence, object or example helped you?

What would you change if you tried again?

Create something

Your project

Create a colourful “food variety” collage showing several food types and one hydration reminder.

Use this space for planning, drawing, mapping, designing or notes.

CHALLENGE

Think deeper

1. Does everyone need exactly the same foods?

2. Why is variety useful?

3. Who should guide allergy or medical diet decisions?

Quick review

1. In one sentence, explain the big idea of “Food Variety & Everyday Nutrition”.

2. Draw or write one example that shows you understand.

3. Choose one activity from this pack and explain the strategy you used.

4. Write one question you still have.

Answer & discussion notes

Use these as guidance, not scripts. Open questions can have different successful responses when the reasoning is sensible and evidence-based.

1. Suggested response

No.

2. Suggested response

Different foods contribute different nutrients/experiences.

3. Suggested response

A parent/caregiver together with qualified health professionals as appropriate.

Review before publication

Check age fit, factual accuracy, clarity, accessibility, rights provenance and whether the activity works in practice. This file remains a review copy until those checks are signed off.

FINISH

My learning reflection

I finished this BrightPencil learning pack.

One thing I understand better now:

A strategy that helped me:

Something I created or noticed:

My next small question or goal:

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