

Health Information: Evidence, Labels & Trusted Adults

Interpret simple health information cautiously and know when questions belong with trusted adults or qualified professionals.

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

Interpret simple health information cautiously and know when questions belong with trusted adults or qualified professionals.

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 Health claims should be checked against trustworthy evidence.

2 Labels provide information but should not be used to diagnose illness.

3 Children should involve trusted adults in health decisions.

Talk about it

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

Identify fact, marketing claim and personal experience in sample statements.

Read a fictional food label for serving size and ingredient order without ranking children's bodies.

Spot an unsafe “miracle cure” claim.

Choose appropriate trusted-adult/professional help in fictional situations.

Rewrite an absolute health claim into a cautious evidence question.

Try it beyond the page

Real-world / hands-on connection

With an adult, inspect a normal product label and discuss what information it gives and what it cannot tell you.

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 “Check before you trust a health claim” poster for older primary learners.

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

CHALLENGE

Think deeper

1. Can one testimonial prove a treatment works?

2. Should children diagnose themselves from a label?

3. Who can help with a health concern?

Quick review

1. In one sentence, explain the big idea of “Health Information: Evidence, Labels & Trusted Adults”.

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

No.

3. Suggested response

A trusted adult and appropriate qualified health professional.

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.

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:
