

Health Information: Claims & Trusted Sources

Evaluate general health-information claims using trusted sources while avoiding diagnosis or personal medical advice.

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

Evaluate general health-information claims using trusted sources while avoiding diagnosis or personal medical advice.

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 come from qualified, trustworthy sources.

2 Anecdotes can describe experiences but do not prove general effects.

3 Children should take personal health concerns to a parent/caregiver or qualified professional.

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 a clear model or organiser that shows: Health claims should come from qualified, trustworthy sources.

Use supplied evidence to test this idea: Anecdotes can describe experiences but do not prove general effects.

Compare two cases and explain where this principle matters: Children should take personal health concerns to a parent/caregiver or qualified professional.

Find one weak claim or assumption and revise it so it matches the evidence.

Write a short conclusion that states evidence, limitation and next question.

Try it beyond the page

Real-world / hands-on connection

With an adult, compare an official public-health page and a fictional social post about a general wellness claim.

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 “health claim check” poster focused on source, evidence, date and adult help.

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

CHALLENGE

Think deeper

1. Does one person's story prove a treatment works for everyone?

2. What should a child do with a personal health concern?

3. Why check the date?

Quick review

1. In one sentence, explain the big idea of “Health Information: Claims & Trusted Sources”.

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

Tell a trusted adult and seek appropriate professional help.

3. Suggested response

Guidance and evidence can change.

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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