

Food, Energy & Healthy Choices

Recognise that varied foods support the body and practise balanced, non-moralising food choices.

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 support the body and practise balanced, non-moralising food choices.

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 Different foods provide different nutrients and energy.

2 Variety across meals is useful.

3 Food choices can depend on culture, allergies, availability and family practice.

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 colourful meal using at least three different food groups.

Sort statements into fact or oversimplification, such as “one food is always bad”.

Choose water as a common everyday drink and explain when other drinks might appear.

Identify foods that may contain common allergens and explain why labels matter.

Plan a snack that combines two useful food types.

Try it beyond the page

Real-world / hands-on connection

Help an adult notice the variety of foods in one meal without ranking foods as “good people/bad people” choices.

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

Design a balanced picnic for a fictional group with one allergy noted.

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

CHALLENGE

Think deeper

1. Why is variety useful?

2. Why should allergy information be checked?

3. Does one food decide whether a whole diet is healthy?

Quick review

1. In one sentence, explain the big idea of “Food, Energy & Healthy Choices”.

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

Different foods contribute different nutrients/roles.

2. Suggested response

To avoid harmful reactions.

3. Suggested response

No.

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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