

Healthy food Activity Challenge Colouring Page

KS1 / Year 1 - Design Technology

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Parent & Teacher Guidance

Curriculum focus

Topic: Healthy food. Develop accurate observation, subject vocabulary and evidence-based explanation. Mapped scope: KS1 Design and Technology cooking and nutrition: using basic principles of a healthy and varied diet to prepare dishes and understanding where food comes from..

Before you begin

Review the picture together and ask the learner what they already notice about Healthy food. Read the activity aloud, explain unfamiliar vocabulary, and agree which details need special attention.

Solo activity

The learner can complete the colouring independently, then use the finished page to explain three details linked to Healthy food. Encourage accurate colour choices where they carry meaning, but allow creative choices elsewhere.

Group activity

Give pairs or small groups different areas to inspect. Ask them to agree on evidence before colouring, compare their findings, and present one curriculum fact to the class. Finish with a whole-group check against the guidance below.

Questions to guide discussion

What evidence can you see? Which feature is most important and why? How does one part connect to another? What new fact about Healthy food can you explain using the picture?

Answers and checking

The five ingredients are wholemeal bread in the bread basket, sliced boiled egg on the blue-equivalent round plate, lettuce in the colander, tomato on the chopping board and cucumber beside the safe table knife. Adult supervision and setting-specific food-allergy procedures are required for any practical follow-up.

Learning record and next steps

☐ Completed the colouring

☐ Explained key vocabulary

☐ Completed the activity

☐ Used visible evidence

Evidence noticed / vocabulary used

Next step:
