

Dietary needs Activity Challenge Colouring Page

KS4 / GCSE / Year 10 - Food Preparation And Nutrition

Complete the missing menu-safety check, then suggest nutritionally suitable alternatives for four allergens.

DIETARY-NEEDS MENU CHECK			
Complete the missing safety check before adapting the meal			
CLIENT INFORMATION			
AGE AND LIFE STAGE _____ _____	ACTIVITY LEVEL _____ _____	MEDICAL OR ETHICAL NEED _____ _____	FOOD PREFERENCES _____ _____
MISSING SAFETY CHECK			
_____ _____			
ADAPT WITHOUT REMOVING NUTRITION			
MILK fortified suitable alternative _____	WHEAT safe gluten-free starch _____	EGG recipe-specific binder/protein alternative _____	NUTS safe seed or nut-free option _____

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Parent & Teacher Guidance

Curriculum focus

Topic: Dietary needs. Develop accurate observation, subject vocabulary and evidence-based explanation. Mapped scope: DfE GCSE subject content and key stage 4 curriculum entitlement.

Before you begin

Review the picture together and ask the learner what they already notice about Dietary needs. 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 Dietary needs. 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 Dietary needs can you explain using the picture?

Answers and checking

The missing check is allergies and intolerances. Confirm the specific allergen, avoid cross-contact, check ingredients and provide a safe alternative that replaces relevant nutrients or recipe functions. Never assume an intolerance is the same as an allergy.

Learning record and next steps

☐ Completed the colouring

☐ Explained key vocabulary

☐ Completed the activity

☐ Used visible evidence

Evidence noticed / vocabulary used

Next step:
