

Dietary needs Vocabulary And Facts Colouring Page

KS4 / GCSE / Year 11 - Food Preparation And Nutrition

Annotate how life stage, activity, dietary pattern and allergy alter energy, nutrient and safety decisions.

DIETARY NEEDS THROUGH LIFE

Annotate energy, nutrients, safety and suitable food choices

ADOLESCENT ATHLETE

energy + carbohydrate; protein for repair; iron; calcium; hydration

PREGNANCY

folate; iron; vitamin D; food safety; balanced energy

OLDER ADULT

protein; calcium; vitamin D; fibre; hydration; energy matched to need

VEGETARIAN

varied protein; iron with vitamin C; B12 source; omega-3

ALLERGY / INTOLERANCE

avoid trigger; prevent cross-contact; replace nutrients safely

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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

Needs vary. Adolescents require energy and nutrients for growth; athletes match carbohydrate, protein and hydration to training; pregnancy increases attention to folate, iron, vitamin D and safety; older adults need adequate protein, calcium, vitamin D, fibre and hydration; vegetarian diets require planned protein, iron, B12 and omega-3 sources; allergies require strict avoidance and cross-contact control.

Learning record and next steps

☐ Completed the colouring

☐ Explained key vocabulary

☐ Completed the activity

☐ Used visible evidence

Evidence noticed / vocabulary used

Next step:
