

Healthy Eating

Games and videos for kids

- [Introduction to Healthy Eating video](#)
- [5 a day video](#)
- [What is a calorie? video](#)
- [Where does our food come from? video](#)
- [Fooducate app](#) This app was designed for a more advanced audience but many older (6+) children enjoy using it because of the QR code scanning technology. Put your child in charge on your next visit to the grocery store by having them scan the barcodes of labelled food items. The app delivers a truer accounting of the nutritional breakdown of the goods, including healthier alternative recommendations.
- [EatWell Challenge and Games](#)
- [Health and Growth Game](#) - Learn how the human body needs to stay healthy in order to grow properly with this fun, interactive game for kids. Ben needs a good balance of these things if he is to grow into a strong, healthy adult. Do what you can to make sure Ben lives a healthy life with this fun human body health and growth activity for kids. (Credit: [Science Kids](#))
- [Issa's Edible Adventures](#) - Want to be a culinary adventurer? Help Issa track down unique ingredients from all over the world to create amazing recipes while learning about different locations and cultures. Bring them back to the working 3D restaurant kitchen and practice the actual steps to make your meal! Feeling inspired? Each adventure in the cooking game comes with a working recipe that you can print out and cook with your child at home. This is aimed for children 6-8 years old.
- [Food: a fact of life Teacher's resources](#) - Downloadable games to help understand food groups, hydration, fibre etc.
- [Lunch box builder](#) - A healthy lunch box contains...
- [My plate match game](#) - What food belongs in which food group?



Recipes

- [Cheats pizza calzone](#)
- [Meatballs and sauce](#)

- [Fruit Smoothie](#)
- [Turkey Burgers](#)
- [Couscous](#)
- [School packed lunch ideas \(BBC\)](#)
- [Lunchbox pasta salad](#)
- [Creamy lentil and veggie curry](#)
- [Rainbow fruit skewers](#)
- [Better Health Recipes](#)

Additional resources for teachers

- [Great Ormond Street Hospital, Building a healthy family](#)
- [Food A Fact of Life website](#)
- [Food A Fact of Life - 14-16 year olds consumer awareness](#)
- [Healthier Families recipe and meal ideas](#)
- [Food Smart: Healthy schools](#) (KS1-3 lesson plans and ideas from Healthy Schools, Cambridge and Peterborough)
- [NHS Eat Well](#)
- [British Nutrition Foundation: a healthy balanced diet](#)
- [British Dietetics Association: Food Facts Sheets](#)