

NUTRITION AND HEALTH

KIDS HEALTHY MEALS AND FAMILY RECIPES

- [Children's Food Trust](#) – with the slogan Eat Better Do Better their intention is to transform school meals and promote healthy eating for all children.
- [5 A Day](#) – information on how to get those essential '5 a day' fruit and veg portions. Healthy eating for the family, portion sizes, ideas on how to get teenagers to take part.
- [BBC – children and food](#) – good advice and kids recipes
- [Childhood Obesity Fact Sheet](#) – BUPA – information on maintaining a healthy weight
- [Keep Kids Healthy](#) – Nutrition – US based site but plenty of good information on children's nutrition and healthy eating
- [Cookalotamus \(USA\)](#) – enjoy cooking and eating together as a family – fun site
- [Cool Kids Cooking](#) – in association with a New Zealand prime time kids TV show this great website has easy recipes, cooking tips, games and fun stuff
- [Kids and Cooking](#) – Great Recipes and tips to get kids cooking

ORGANIC FOOD

- [Dove farm](#) – fun with dough
- [Farm Around](#) – North of England – the Northern branch of Farm Around
- [Organic Food \(UK\)](#) – organic food and lifestyle info web site
- [Organic Milk](#) – why it's good for you (more omega 3 essential fatty acids) and where to buy
- [Soil Association \(UK\)](#) – promoting organic farming

CHILDREN'S NUTRITION – HELP AND ADVICE

- [The Eatwell Guide](#) – government site with advice split in to ages and stages
- [Food Additives and Ingredients Association](#) – information about food additives from the FAIA
- [Food Commission](#) – action plan to improve children's nutrition
- [Food Labels](#) – understanding labels on food including the traffic light labeling system (low, medium, high) and E numbers
- [Food and Drink Federation](#) – make sure you know what your kids are eating
- [Foods Matter](#) – problems with food – intolerance, allergies etc – special section for kids, recipes, help and advice and a subscription magazine
- [Food Standards Agency](#) – advice on healthy eating
- [Health Education Trust](#) – nutrition among children and school meals
- [Intolerance To Additives](#) – informative article from the Food Standards Agency
- [Nutrition Foundation \(UK\)](#) – healthy eating guidelines for families