

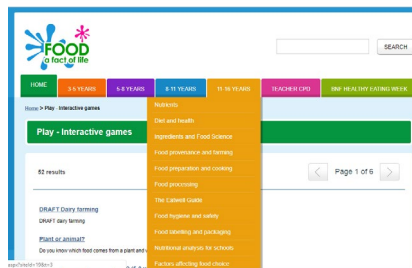
STRETCH AND CHALLENGE

CHRISTMAS ACTIVITIES

FOOD PREPARATION AND NUTRITION

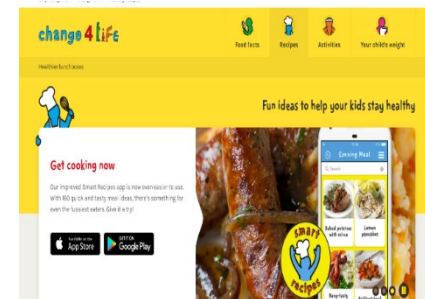
WEBSITES

Food fact file



A large selection of games related to healthy eating and where our food comes from.

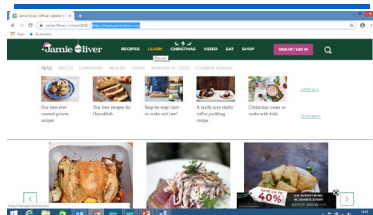
Change4life



Try some of the tasty and healthy recipes listed here. There are also activities that you can access with some interesting video clips to watch.

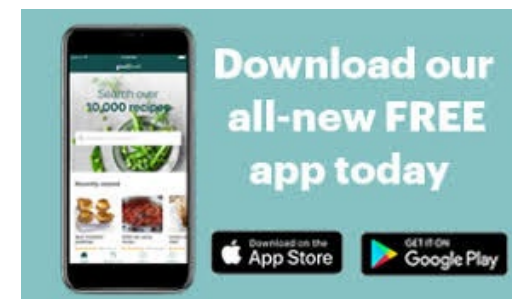
Download the sugar App to check how much is in your food this Christmas!

Jamie Oliver



Jamie Oliver's website has lots of more challenging recipes to try together with videos to watch as you cook! Also great Christmas cooking ideas!

DOWNLOAD APP FOR GOOD FOOD! So many recipes/tips!



THINGS TO WATCH

Any cookery programme on TV!!!

Saturday Kitchen – every Saturday morning is a must for ‘foodies’

Family Cooking Showdown!

BBC



Masterchef of course!



Re-runs of the British Bake Off



PLACES TO GO

Christmas food markets



Good Food Show - London

BOOKS TO READ

Mary Berry cook books tend to give good explanations on how to cook successfully – try some of these titles:

