

Resources/Websites to Support Home Physical Activity, Healthy Eating and Low-Cost Home Cooking

Physical Activity

Website Name URL	Description
Go Noodle www.gonoodle.com	American programme of online physical activity sessions for children which is commonly used in Newcastle primary schools. Includes videos for movement and mindfulness plus daily activity progress charts and curriculum materials. Children take part in physical activity (normally to music) with a range of aerobic and non-aerobic exercise
Go Noodle for Families www.gonoodle.com/for-families	As above but this section of the main website provides videos on physical activity which can be done in the home as a family. A large range of videos is included.
Go Noodle Games Free App on app store/play store	An app which keeps children active in the home or on the go.
Phunky Foods www.phunkyfoods.co.uk Section for parents	The open access part of the website has a section for parents, which includes weekly home learning packages for children. These are being developed and will be launched after Easter. However, there are some current resources which include physical activities. The 'log in' section only is for schools and provides daily short physical activities for schools to do with primary age pupils.
Youth Sport Trust https://www.youthsporttrust.org/	The Youth Sport Trust have compiled, with their partner Complete PE, a list of free to access resources and activities for use in the home for parents and teachers. The website also includes a link to Youtube with videos of activities that can be done inside and outside the home.
BBC: C 'Beebies' https://www.bbc.co.uk/cbeebies/grownups/fun-exercises-to-do-at-home-with-kids	Range of online videos of physical activities and other activities that can be undertaken at home by children and families.

<p>Change4Life</p> <p>https://www.nhs.uk/10-minute-shake-up/shake-ups</p> <p>https://www.nhs.uk/change4life/activities</p>	<p>Range of short 10 minute 'shake up' physical activities that can be done inside the home. Includes videos for children and their families to do together.</p> <p>Range of interactive activities to help children to become more active.</p>
<p>Jo Wickes Body Coach</p> <p>https://www.youtube.com/user/thebodycoach1</p>	<p>Jo Wickes has a wide range of physical activity workouts for all ages, including daily PE sessions for children to do inside. These are available on Youtube.</p>
<p>Change4Life Schools Zone</p> <p>https://campaignresources.phe.gov.uk/schools</p>	<p>The schools zone of the Change4Life campaign contains many teaching resources related to physical activity for teachers to use with pupils.</p>
<p>Teenwise; British Dietetics Association</p> <p>http://www.teenweightwise.com/index.html</p>	<p>Interactive website with tips on staying healthy. It includes quizzes to test current fitness/health levels and suggested activities to try.</p>

Food and Cooking Only

Website Name URL	Description
<p>Phunky Foods</p> <p>www.phunkyfoods.co.uk</p> <p>Section for parents</p>	<p>The open access part of the website has a section for parents, which during COVID 19, includes weekly home learning packages for children. These are being developed and will be launched after Easter. However, there are already some current resources which include cooking activities. The website also has a section giving a wide range of recipes for families and cooking ideas.</p> <p>The 'log in' section only is for schools and provides a wide range of teaching materials for primary schools.</p>
<p>Food a Fact of Life – British Nutrition Foundation</p> <p>www.foodafactoflife.org.uk</p>	<p>A comprehensive site for schools and teachers about healthy eating. Includes a vast range of teaching resources for all ages including stories and worksheets/books for 5-11year olds and quizzes, videos and worksheets. for 11-14year olds.</p>

	Also includes a wide range of recipes including a limited number of videos demonstrating cooking skills.
<p>BBC: Cooking on a Budget</p> <p>https://www.bbc.co.uk/food/collections/budget_dinner_recipe_and_ideas</p>	<p>Selection of recipes and videos for those cooking on a tight budget. Includes a step-by-step guides.</p> <p>Use the search bar to find many recipes and step-by-step guides and videos for preparing nutritious low cost meals such as, scrambled eggs</p> <p>https://www.bbc.co.uk/food/search?q=scrambled+egg</p>
<p>Change4Life Recipes</p> <p>https://www.nhs.uk/change4life/recipes</p> <p>App also available free from the App store/Google Play</p>	<p>A wide range of recipes, grouped into meals during the day such as; breakfast, lunch, dinner, puddings, snacks. Instructions are given on how to make each recipe, how long it will take and how difficult each recipe is. Parents/carers are encouraged to involve their children in making the recipes. There are not any videos to follow with the recipe cards.</p>
<p>Change4Life Schools Zone</p> <p>https://campaignresources.phe.gov.uk/schools</p>	<p>The schools zone of the Change4 Life campaign contains many teaching resources related to healthy eating for teachers to use with pupils, including those related to sugar.</p>
<p>Teenwise; British Dietetics Association</p> <p>http://www.teenweightwise.com/index.html</p>	<p>Interactive website with tips on staying healthy. It includes recipes to cook.</p>
<p>The Great Grub Club: World Cancer Research Fund UK</p> <p>http://www.greatgrubclub.com/</p>	<p>Cartoon style website for primary aged children which includes simple recipes for parents to cook with their children, activity ideas for children and lesson plans for teachers. It aims to encourage healthy eating and an active lifestyle in a fun and informative way.</p>
<p>Linguacuisine from Professor Paul Seedhouse Newcastle University.</p> <p>https://linguacuisine.com</p>	<p>Learn new languages while you cook delicious meals from all around the world. Combine the process of learning a language with the fun and excitement of cooking! Can record yourself making meals.</p>

	<p>Site is going to set up healthy meals on a budget for families during this time. There is a competition, with a cash prize, for best uploaded recipe. Paul will start by creating five healthy meal videos for children to follow.</p>
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