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| **Minor Award Name** | **Food Choice & Health** |
| **Minor Award Code** | **M2H16** |
| **Level** | **Level 2** |

**Suggested resources to support delivery:**

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| **Theme/Topic** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| Food Groups | Worksheet | Easy worksheet finding the odd one out in each food group | Nourish Interactive | <http://www.nourishinteractive.com/system/assets/free-printables/110/kids-food-groups-fun-worksheet-activities-printable-nutrition-education-pages.pdf?1362089666> |
|  | Worksheet | Food group Worksheet | ISL Collective | <https://en.islcollective.com/resources/printables/worksheets_doc_docx/food_group_practice/food-groups-beginner/71765> |
|  | Worksheets | Food group worksheets (can leave out the pages with pictures of children) | Alston Publishing House Pte Ltd | <http://www.alstonpublishinghouse.com/public/userfiles/resources/241/TR%20G3C3.pdf> |
|  | Web page | The food pyramid - information | Safe Food | <https://safefood.eu/Healthy-Eating/What-is-a-balanced-diet/The-Food-Pyramid.aspx> |
|  | Website | Information on food pyramid, factsheets | Healthy Ireland | <http://www.healthyireland.ie/health-initiatives/heg/> |
|  | Worksheet | Classifying food worksheet | Have Fun Teaching | <http://files.havefunteaching.com/free-worksheets/science/classifying-food-worksheet-2.pdf> |
|  | Slides (53) | The Basic Food Groups on the Food Pyramid | Slideshare: Kenneth June Potot | <https://www.slideshare.net/kennethjune/the-basic-food-groups-on-the-food-pyramid?qid=61ced11b-e0b6-4940-b3f2-cc792d3ce561&v=&b=&from_search=1> |
|  | Online game | Grouping foods game (for kids but good, can be used for adults) | Sheppherd Software | <http://www.sheppardsoftware.com/nutritionforkids/games/foodgroupsgame.html> |
|  | Online game | Eatwell plate - Do you know where different foods belong on the Eatwell Guide? | Food A Fact of Life | <http://www.foodafactoflife.org.uk/Activity.aspx?siteId=14&sectionId=61&contentId=1853> |
| Well-balanced diet | Mind map | Nutrition mind map | ISL Collective | <https://en.islcollective.com/resources/printables/worksheets_doc_docx/nutrition_nutrients_mind_map_and_exercises/nouns-nutrition-health/20946> |
|  | Food energy cards | Food energy cards to cut up | Great Grub Club | <http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/Food_Energy_Cards_1.pdf> |
|  | Worksheet | Nutrients jumbled words worksheet | Great Grub Club | <http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/Nutrients___jumbled_sentences_1.pdf> |
|  | Information | Our kids are eating too much...salt / saturated fat / sugar – ideas on how to cut down on these | NHS (Change 4 Life) | <https://www.nhs.uk/change4life-beta/food-facts#B61UKJWuZQPVkYhU.97> |
|  | Website | Information on ‘5 a Day’, e.g. recipes, FAQ, budgets, tips, etc. | NHS Choices | <http://www.nhs.uk/livewell/5aday/pages/5adayhome.aspx> |
|  | Website | Various resources about grains, e.g. fact files, presentations, activity sheets, lesson plans, experiments, recipes, guides, etc. (for secondary school, but can be adapted for adult learners) | The Grain Chain | <https://www.grainchain.com/all-resources> |
|  | pdf | Healthy Food for Life | Health Promotion Ireland | <https://www.healthpromotion.ie/hp-files/docs/HPM00796.pdf> |
|  | Web page | Healthy eating and nutrition – daily diet tips | HSE | <http://www.hse.ie/eng/services/list/4/olderpeople/tipsforhealthyliving/healthyeating.html> |
|  | Worksheet | Food label worksheet (easy) | Have Fun Teaching | <http://files.havefunteaching.com/free-worksheets/grade/fifth/language/reading-food-labels-worksheet.pdf> |
|  | YouTube video | Short video on why we love sugar | YouTube: Sci Show | <https://www.youtube.com/watch?v=f5zdr0COebw&list=PLB3FCEEAC84884760&index=12> |
|  | YouTube video | Short video on the chemistry of fried food | YouTube: Sci Show | <https://www.youtube.com/watch?v=oTfgfoVb6io&index=3&list=PLsNB4peY6C6L8IwJK8VadUJburLKTBgAR> |
|  | Online calculator | Test your own BMI online | Irish Nutrition & Dietetic Institute (INDI) | <https://www.indi.ie/bmi-test.html> |
|  | Interactive tools | Various healthy eating interactive tools, e.g. calcium calculator |  | <https://www.healthyeating.org/Healthy-Eating/Healthy-Eating-Tools> |
|  | Online quiz | Rate your plate quiz | Eat Right | <http://downloads.eatright.org/nnm/games/quiz/RatePlate_2017.html> |
|  | Interactive timeline | Interactive timeline of fad diets through the ages (good for discussion) | Eat Right | <http://downloads.eatright.org/nnm/games/timeline/index.html> |
| Common consequences of a good diet | Factsheet | Information sheet on why we need nutrients | Great Grub Club | <http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/Why_do_we_need_nutrients__2.pdf> |
|  | Factsheets, presentations, worksheets | Information on nutrients and how they help us, includes energy, nutrients, fibre, nutritional needs, etc. | Food – A Fact of Life | <http://www.foodafactoflife.org.uk/section.aspx?t=75&siteId=19&sectionId=75> |
|  | Web page | Cholesterol - information | Irish heart Foundation | <https://irishheart.ie/your-health/ways-to-live-better/cholesterol/> |
|  | Website | Effects of healthy eating – information, tips – all related to healthy eating | Live Strong | <http://www.livestrong.com/article/38198-foods-eat/> |
|  | Youtube video | Video explaining digestion | Youtube: Crash Course | <https://www.youtube.com/watch?v=s06XzaKqELk&index=28&list=PL3EED4C1D684D3ADF> |
| Prepare healthy meals | Website | Healthy and nutritious recipes, backed by science | World Cancer Research Fund | <https://www.wcrf-uk.org/uk/recipes/recipes-home> |
|  | YouTube video | Short video on 9 scientific cooking techniques | YouTube: Sci Show | <https://www.youtube.com/watch?v=QO_V3h14Fyc&list=PLsNB4peY6C6L8IwJK8VadUJburLKTBgAR> |
|  | YouTube video | Short video with Jamie Oliver – What does curiosity taste like? | YouTube: VSauce | <https://www.youtube.com/watch?v=xFKcYOLmKXo&index=19&list=LL6nSFpj9HTCZ5t-N3Rm3-HA> |
|  | Website | Information sheets, worksheets on food poisoning, food safety, health and safety videos | Eatright EU | <http://www.eatright.eu/videos/> |
|  | Book to purchase | Just Look and Cook - A visual guide of easy recipes for everyone | NALA | <https://www.nala.ie/resources/just-look-and-cook-visual-guide-easy-recipes-everyone> |
|  | Videos | Healthy recipes for beginners – Jamie Oliver | YouTube: Jamie Oliver | <https://www.youtube.com/watch?v=UrJOAURIM7w&list=PLcpoB2VESJme2qPsS1Mx1dVmTUKh8MhJe> |
|  | Videos | Video channel: Donal Skehan | YouTube: Donal Skehan | <https://www.youtube.com/user/donalskehan> |
| Safe practices associated with food preparation and storage, food hygiene and safety practices | Website, Powerpoint | Food Hygiene – Worksheets, presentations (pptx), food poisoning | Food – A Fact of Life | <http://www.foodafactoflife.org.uk/Sheet.aspx?siteId=19&sectionId=132&contentId=815> |
|  | Word docs | Health and Safety - Different risk assessments, e.g. kettle, knife – word documents to download, can be adapted as necessary | Food – A Fact of Life | <http://www.foodafactoflife.org.uk/Sheet.aspx?siteId=19&sectionId=132&contentId=816> |
|  | Website | Information sheets, worksheets on food poisoning, food safety, health and safety videos | Eatright EU | <http://www.eatright.eu/category/modules/food-safety/food-hygiene/> |
|  | Web page (to download pdfs) | Various publications to download relating to food safety | Food Safety Authority Ireland | <https://www.fsai.ie/resources_publications.html> |
|  | Worksheets  Slides | Activity sheets and slides relating to legislation, e.g. labelling, instructions, storage, allergens, etc. | Safe Food | <http://www.safefood.eu/Education/Post-primary-(ROI)-/What-s-on-a-label.aspx> |
|  | Booklet with notes, checklists | Safe Catering Pack, including handwashing, kitchen safety, hygiene, catering plan, helpful checklists | Food Standard Agency Food.gov.uk | <https://www.food.gov.uk/sites/default/files/multimedia/pdfs/pdf-ni/safe-catering.pdf> |
|  | Video | Short video on how germs spread | Safe Food TV | <https://www.youtube.com/watch?v=G759a-UNOTE> |
|  | Videos | List of many videos relating to safe food handling | Safe Food TV | <https://www.youtube.com/user/safefoodTV/videos> |
|  | Videos | Videos on kitchen safety – germs, food labelling, bacteria, washing utensils, dishcloths, cooking meat safely, managing fridge storage, using a freezer safely, check the packaging, date markings | Eatright EU | <http://www.eatright.eu/videos/> |
|  | Online game | Kitchen safety interactive online game – nutrition, hygiene, health and safety (3 levels) | Sensory World | <http://www.sensoryworld.org/kitchen_safety.html> |
| General | Lesson (pdf) | Notes and worksheets, lesson on nutrition and food groups | Planet Health | <http://www.planet-health.org/pdf/lesson_3.pdf> |
|  | Print materials | Tip sheets, recipes, menus, factsheets, online tools, infographics, quizzes – food health and safety, nutrition, healthy plate (American, although mostly relevant) | Choose my Plate | <https://www.choosemyplate.gov/printable-materials> |
|  | Website | Information on healthy eating, nutrition – tips, ideas, food labels, recipes, interactive food label, interactive food pyramid, etc. | Nutrition and Health Foundation Ireland, HSE | <http://www.nutritionandhealth.ie/Sectors/NHF/NHF.nsf/vPages/Home?OpenDocument> |
|  | Slides (14) | Kitchen safety part 1 | Slideshare: Learning Zone Express, sdyches | <https://www.slideshare.net/sdyches/kitchen-safety-part-1-powerpoint?qid=ecbc4a03-1bba-4977-b2fb-82acb4d16ba1&v=&b=&from_search=6> |
|  | Articles, newsletters | Information on nutrition | HSE | <http://hse.ie/eng/services/list/2/PrimaryCare/pcteams/dublinsouthpcts/shankillpct/nutritionfactsheets/> |
|  | Notes, checklists | Food safety notes, checklists | Educoot | <http://educoot.org/for-tutors/> AND <http://educoot.org/page-b/> Scroll down to Level 3 Breakfast Cookery for notes / checklists |

**Useful Organisations:**

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| **Name** | **Contact** |
| Nutrition and Health Foundation Ireland, HSE | Website: <http://www.nutritionandhealth.ie> |
| Health Service Executive (HSE) | Email: [hselive@hse.ie](mailto:hselive@hse.ie) ; Phone: 041 6850300 |
| Food Safety Authority of Ireland (FSAI) | Website: [www.fsai.ie](http://www.fsai.ie) ; Email: [info@fsai.ie](mailto:info@fsai.ie) ; Phone: + 353 1 817 1300 |
| Safe Food EU | Website: <http://www.safefood.eu> ; Email: [info@safefood.eu](mailto:info@safefood.eu) ; Phone: + 353 1 817 1300 |
| Eatright EU | Website: <http://www.eatright.eu/> |

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| **MOOCs (Massive Online Open Courses)** | |
| Free access to online courses  Search regularly for new courses and new start dates | <https://www.mooc-list.com/> |