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| Book or Article Title. | Suitable age or year group. | Why it is recommended.  |
|  The Healthy Lunchbox by F Beckett | All ages for supported shared reading.  | Offers suggestions for tasty lunchbox options. Ideas about what children from other countries eat. Ideas for fussy eaters.  |
|  Website:[www.foodafactofliffe.org.uk](http://www.foodafactofliffe.org.uk)  | All ages (3-16). Includes interactive games, quizzes and articles.  | Huge amount or resources in different formats; where food is sourced, it’s benefits and skills needed to cook, as well as recipes.  |
|  <https://www.nhs.uk/healthier-families/> <https://www.nhs.uk/healthier-families/recipes/>  | All ages for supported shared reading. | NHS guide to a healthy lifestyle for children and families. Better Health, child friendly recipes.  |
|  The world in my kitchen by Sally Brown and Kate Morris  | All ages | Recipes from around the world, which are nicely illustrated with lists of ingredients, equipment and facts about Asia, Africa, North America, Australasia, Europe and South America.  |