



Here is a list of additional useful resources that you might like to use at home so that you can keep up with your cookery skills.



Change 4 life website:

<https://www.nhs.uk/change4life>

The Change4life app is very good too. You can download it to help find nutritious and healthy recipes. The 'meal mixer' section is a fun way to plan your daily meals.

BBC Good Food website: 

https://www.bbc.co.uk/food/collections/10_easy_recipes_for_kids

A good website with a range of different recipes for breakfast, lunch and dinner. Easy to follow steps.



I can cook:

<https://www.bbc.co.uk/food/programmes/b00w1ddl/episodes>

<https://www.bbc.co.uk/cbeebies/shows/i-can-cook>

<https://www.bbc.co.uk/food/programmes/b00w1ddl/recipes>

A good selection of recipes, clips and follow along programmes.



Health for kids website:

<https://www.healthforkids.co.uk/>

Take the quiz in the food for thought section.



The eat well guide - NHS:

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

A good resource for pupils studying the BTEC Home cooking skills qualification. It looks at healthy eating and how to create a balanced plate of food and by thinking about the different food groups.



The great British bake off website:

<https://thegreatbritishbakeoff.co.uk/>

Cake, bread and pastry recipes ideas - What's not to like!

<https://www.channel4.com/programmes/the-great-british-bake-off>

Watch online to catch up or live (Tuesday, at 8pm on Channel 4)



BBC food programmes:

<https://www.bbc.co.uk/food/programmes>

There are also a range of food programmes on the BBC too.

Mary Berry's simple comforts

Eat well for less