



# your body *matters*



**Additional resources and useful websites**

**Nourishing Body & Mind for a Healthy Life**

A Primary Health and Wellbeing Curriculum Pack

Revised Version 2023

## Additional resources and useful websites

Please see additional resources and useful websites to support the delivery of lessons and activities within the Your Body Matters curriculum pack. Some of these resources and links have been highlighted throughout the pack, however, there have also been some other useful links added to the table below.

Topic	Resource Name	Weblink
Allergies/ Intolerances	Food Standards Scotland information on food allergens	<a href="https://www.foodstandards.gov.scot/consumers/food-safety/food-allergies/allergens">https://www.foodstandards.gov.scot/consumers/food-safety/food-allergies/allergens</a>
	NHS Inform information on food allergies	<a href="https://www.nhsinform.scot/illnesses-and-conditions/immune-system/allergies">https://www.nhsinform.scot/illnesses-and-conditions/immune-system/allergies</a>
	Nutrition Scotland factsheet on food allergies	<a href="https://www.nutritionscotland.org/food-allergies-intolerances/">https://www.nutritionscotland.org/food-allergies-intolerances/</a>
Body Image	BEAT Eating Disorders information page	<a href="https://www.beateatingdisorders.org.uk/">https://www.beateatingdisorders.org.uk/</a>
	Childline home page	<a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a>
	NHS Inform eating disorders	<a href="https://www.nhsinform.scot/illnesses-and-conditions/mental-health/eating-disorders/">https://www.nhsinform.scot/illnesses-and-conditions/mental-health/eating-disorders/</a>
	PEACE Pathway for eating disorders and autism developed from clinical experience	<a href="https://peacepathway.org/">https://peacepathway.org/</a>
	The Pines Highland Food mood and behaviour films.	<a href="https://www.thepineshighland.com/food-mood-behaviour-films">https://www.thepineshighland.com/food-mood-behaviour-films</a>
	Young Minds information on body image	<a href="https://www.youngminds.org.uk/young-person/coping-with-life/body-image/">https://www.youngminds.org.uk/young-person/coping-with-life/body-image/</a>
	Young Scot Information on girls and boys body changes	<a href="http://www.youngscot.org/">www.youngscot.org/</a>

Climate change/ Sustainability	Eco Schools	<a href="https://www.keepsotlandbeautiful.org/climate-action-schools/eco-schools/">https://www.keepsotlandbeautiful.org/climate-action-schools/eco-schools/</a>
	Fairtrade for schools	<a href="https://schools.fairtrade.org.uk/">https://schools.fairtrade.org.uk/</a>
	Food a fact of life- where food comes from (5-7 years)	<a href="https://www.foodafactoflife.org.uk/5-7-years/where-food-comes-from-5-7-years/">https://www.foodafactoflife.org.uk/5-7-years/where-food-comes-from-5-7-years/</a>
	Food a fact of life- where food comes from (7-11 years)	<a href="https://www.foodafactoflife.org.uk/7-11-years/where-food-comes-from-7-11-years/">https://www.foodafactoflife.org.uk/7-11-years/where-food-comes-from-7-11-years/</a>
	Food Waste Action Week	<a href="https://wrap.org.uk/taking-action/citizen-behaviour-change/love-food-hate-waste/key-campaigns/food-waste-action-week">https://wrap.org.uk/taking-action/citizen-behaviour-change/love-food-hate-waste/key-campaigns/food-waste-action-week</a>
	Love Food Hate Waste	<a href="https://www.lovefoodhatewaste.com/love-food-hate-waste-scotland">https://www.lovefoodhatewaste.com/love-food-hate-waste-scotland</a>
	Recycle Zone Campaigning for reduce, reuse, recycle	<a href="http://www.recyclezone.org.uk">www.recyclezone.org.uk</a>
	Marine Stewardship Council – Eat Sustainable Seafood	<a href="https://www.msc.org/uk">https://www.msc.org/uk</a>
	Zero Waste Scotland Teaching Resources	<a href="https://www.zerowastescotland.org.uk/food-waste/teaching-resources">https://www.zerowastescotland.org.uk/food-waste/teaching-resources</a>
	Zero Waste Scotland Primary School Resources	<a href="https://www.zerowastescotland.org.uk/food-waste/teaching-resources/primary">https://www.zerowastescotland.org.uk/food-waste/teaching-resources/primary</a>
	Zero Waste Scotland Food Waste Reduction Action Plan	<a href="https://www.zerowastescotland.org.uk/food-waste/reduction-action-plan">https://www.zerowastescotland.org.uk/food-waste/reduction-action-plan</a>
Royal Horticultural Society Campaign for school gardening	<a href="https://schoolgardening.rhs.org.uk/Resources/Info-Sheet/Composting-for-schools">https://schoolgardening.rhs.org.uk/Resources/Info-Sheet/Composting-for-schools</a>	

Coeliac	Coeliac UK	<a href="https://www.coeliac.org.uk/home/">https://www.coeliac.org.uk/home/</a>
	NHS Inform- Coeliac disease	<a href="https://www.nhsinform.scot/illnesses-and-conditions/stomach-liver-and-gastrointestinal-tract/coeliac-disease/coeliac-disease">https://www.nhsinform.scot/illnesses-and-conditions/stomach-liver-and-gastrointestinal-tract/coeliac-disease/coeliac-disease</a>
Diabetes	Diabetes UK	<a href="https://www.diabetes.org.uk/">https://www.diabetes.org.uk/</a>
	British Nutrition Foundation - Type 2 diabetes	<a href="https://www.nutrition.org.uk/health-conditions/type-2-diabetes/">https://www.nutrition.org.uk/health-conditions/type-2-diabetes/</a>
Eatwell Guide	Government guidance	<a href="https://www.gov.uk/government/publications/the-eatwell-guide">https://www.gov.uk/government/publications/the-eatwell-guide</a>
	NHS Inform information	<a href="https://www.nhsinform.scot/healthy-living/food-and-nutrition/eating-well/eatwell-guide-how-to-eat-a-healthy-balanced-diet">https://www.nhsinform.scot/healthy-living/food-and-nutrition/eating-well/eatwell-guide-how-to-eat-a-healthy-balanced-diet</a>
	Food Standards Scotland Interactive Eatwell Guide	<a href="https://www.foodstandards.gov.scot/education-resources/the-interactive-eatwell-guide">https://www.foodstandards.gov.scot/education-resources/the-interactive-eatwell-guide</a>
	BBC Bitesize Learn and revise. Includes practical advice, activities and resources on a variety of topics	<a href="https://www.bbc.co.uk/bitesize">https://www.bbc.co.uk/bitesize</a>

Food Hygiene	BBC Bitesize - Food and Nutrition Revision	<a href="https://www.bbc.co.uk/bitesize/guides/z77v3k7/revision/1">https://www.bbc.co.uk/bitesize/guides/z77v3k7/revision/1</a>
	Food Standards Agency food hygiene	<a href="https://www.food.gov.uk/consumer-advice/food-hygiene">https://www.food.gov.uk/consumer-advice/food-hygiene</a>
	Food Standards Scotland food safety and hygiene information	<a href="https://www.foodstandards.gov.scot/consumers/food-safety">https://www.foodstandards.gov.scot/consumers/food-safety</a>
	Food Standards Agency Food poisoning	<a href="https://www.food.gov.uk/consumer-advice/food-poisoning">https://www.food.gov.uk/consumer-advice/food-poisoning</a>
	Food Poisoning Factsheet Campylobacter	<a href="https://www.foodstandards.gov.scot/publications-and-research/publications/fss-fast-facts-campylobacter">https://www.foodstandards.gov.scot/publications-and-research/publications/fss-fast-facts-campylobacter</a>
	Food Poisoning Fact sheet STEC	<a href="https://www.foodstandards.gov.scot/publications-and-research/publications/fss-fast-facts-stec">https://www.foodstandards.gov.scot/publications-and-research/publications/fss-fast-facts-stec</a>
	Food Poisoning Fact Sheet Listeria	<a href="https://www.foodstandards.gov.scot/publications-and-research/publications/fss-fast-facts-listeria">https://www.foodstandards.gov.scot/publications-and-research/publications/fss-fast-facts-listeria</a>
	Food Poisoning Fact Sheet Salmonella	<a href="https://www.foodstandards.gov.scot/publications-and-research/publications/fss-fast-facts-salmonella">https://www.foodstandards.gov.scot/publications-and-research/publications/fss-fast-facts-salmonella</a>
	Food Standards Scotland hand washing activity	<a href="https://www.foodstandards.gov.scot/education-resources/happy-hands">https://www.foodstandards.gov.scot/education-resources/happy-hands</a>
	How to wash your hands information and video	<a href="https://www.nhs.uk/live-well/best-way-to-wash-your-hands/">https://www.nhs.uk/live-well/best-way-to-wash-your-hands/</a> <a href="https://www.youtube.com/watch?v=N9hCY-MldMA">https://www.youtube.com/watch?v=N9hCY-MldMA</a>

Food labelling	NHS Inform information on food labelling	<a href="https://www.nhsinform.scot/healthy-living/food-and-nutrition/food-packaging/food-labelling">https://www.nhsinform.scot/healthy-living/food-and-nutrition/food-packaging/food-labelling</a>
	Education Scotland Food for thought support resources	<a href="https://education.gov.scot/improvement/learning-resources/food-for-thought-support-resources">https://education.gov.scot/improvement/learning-resources/food-for-thought-support-resources</a>
	Food Standards Scotland label game	<a href="https://www.foodstandards.gov.scot/education-resources/label-it">https://www.foodstandards.gov.scot/education-resources/label-it</a>
	Food Standards Scotland it's-a-date interactive game to test learning about food labels	<a href="https://www.foodstandards.gov.scot/education-resources/its-a-date">https://www.foodstandards.gov.scot/education-resources/its-a-date</a>
	Food Standards Scotland video explaining food labels	<a href="https://www.youtube.com/watch?v=eUh2aU3CoA4&amp;t=3s">https://www.youtube.com/watch?v=eUh2aU3CoA4&amp;t=3s</a>
	Food Standards Scotland Video explaining front of pack labelling	<a href="https://www.youtube.com/watch?v=tL8SeX-euko&amp;t=3s">https://www.youtube.com/watch?v=tL8SeX-euko&amp;t=3s</a>
	British Nutrition Foundation food labels information	<a href="https://www.nutrition.org.uk/putting-it-into-practice/food-labelling/">https://www.nutrition.org.uk/putting-it-into-practice/food-labelling/</a>
	Food Standards Scotland. Has a range of educational resources including interactive games on allergies, the Eatwell guide, food hygiene and much more	<a href="https://www.foodstandards.gov.scot/">https://www.foodstandards.gov.scot/</a>

Healthy Eating/ Nutrition	Autism and diet	<a href="https://www.bda.uk.com/resource/autism-diet.html">https://www.bda.uk.com/resource/autism-diet.html</a>
	BBC Teach – Keeping my body healthy - Includes animation, discussion points and suggested activities	<a href="https://www.bbc.co.uk/teach/class-clips-video/science-ks1-keeping-my-body-healthy/zk4dwty">https://www.bbc.co.uk/teach/class-clips-video/science-ks1-keeping-my-body-healthy/zk4dwty</a>
	British Dietetic Association (BDA) Food Facts Homepage	<a href="https://www.bda.uk.com/food-health/food-facts.html">https://www.bda.uk.com/food-health/food-facts.html</a>
	Food a fact of life children with additional needs	<a href="https://www.foodafactoflife.org.uk/pupils-with-additional-needs/">https://www.foodafactoflife.org.uk/pupils-with-additional-needs/</a>
	Food a fact of life aged 5-7 years	<a href="https://www.foodafactoflife.org.uk/5-7-years">https://www.foodafactoflife.org.uk/5-7-years</a>
	Food a fact of life children aged 7-11 years	<a href="https://www.foodafactoflife.org.uk/7-11-years/">https://www.foodafactoflife.org.uk/7-11-years/</a>
	BBC Bitesize Food as fuel Online support resource designed to help with learning, revision and homework	<a href="https://www.bbc.co.uk/bitesize/topics/zjr8mp3/articles/ztfcvwx">https://www.bbc.co.uk/bitesize/topics/zjr8mp3/articles/ztfcvwx</a>
	NHS healthy Food swaps	<a href="https://www.nhs.uk/healthier-families/food-facts/healthier-food-swaps/">https://www.nhs.uk/healthier-families/food-facts/healthier-food-swaps/</a>
	NHS Food Scanner App	<a href="https://www.nhs.uk/healthier-families/food-facts/nhs-food-scanner-app/">https://www.nhs.uk/healthier-families/food-facts/nhs-food-scanner-app/</a>
	NHS advice about healthy living, including eating a balanced diet, healthy weight, exercise, quitting smoking and drinking less alcohol.	<a href="https://www.nhsinform.scot/healthy-living/food-and-nutrition/eating-well/eatwell-guide-how-to-eat-a-healthy-balanced-diet">https://www.nhsinform.scot/healthy-living/food-and-nutrition/eating-well/eatwell-guide-how-to-eat-a-healthy-balanced-diet</a>
British Dietetic Association: Diet, behaviour and learning in children: Food Fact Sheet	<a href="https://www.bda.uk.com/resource/diet-behaviour-and-learning-children.html">https://www.bda.uk.com/resource/diet-behaviour-and-learning-children.html</a>	

	British Nutrition Foundation -provides nutrition information for teachers and educational resources for children through the life stages	<a href="https://www.nutrition.org.uk/life-stages/children/">https://www.nutrition.org.uk/life-stages/children/</a>
	NHS Inform advice on food and nutrition	<a href="https://www.nhsinform.scot/healthy-living/food-and-nutrition">https://www.nhsinform.scot/healthy-living/food-and-nutrition</a>
	Food Standards Scotland – CfE linked activities to deliver food safety and healthy eating messages	<a href="https://www.foodstandards.gov.scot/education-resources">https://www.foodstandards.gov.scot/education-resources</a>
	British Nutrition Foundation - Fibre	<a href="https://www.nutrition.org.uk/healthy-sustainable-diets/starchy-foods-sugar-and-fibre/fibre/">https://www.nutrition.org.uk/healthy-sustainable-diets/starchy-foods-sugar-and-fibre/fibre/</a>
	BBC Bitesize – Energy and nutrients	<a href="https://www.bbc.co.uk/bitesize/guides/zqj66yc/revision/3">https://www.bbc.co.uk/bitesize/guides/zqj66yc/revision/3</a>
Oral Health	Child smile information on children’s oral health and national programme	<a href="#">Childsmile – Improving the oral health of children in Scotland (nhs.scot)</a>
	BBC Bitesize information on teeth	<a href="https://www.bbc.co.uk/bitesize/topics/zcyycdm/articles/z8784xs">https://www.bbc.co.uk/bitesize/topics/zcyycdm/articles/z8784xs</a>
	NHS Inform-information regarding oral health of children’s teeth	<a href="https://www.nhsinform.scot/healthy-living/dental-health/your-childs-oral-health">https://www.nhsinform.scot/healthy-living/dental-health/your-childs-oral-health</a>
Physical activity Physical activity	PEPASS – resources to support learning for physical education, physical activity and sport in schools	<a href="https://blogs.glowscotland.org.uk/gc/pepassglasgow/">https://blogs.glowscotland.org.uk/gc/pepassglasgow/</a>
	NHS inform keeping active for children aged 5-18	<a href="https://www.nhsinform.scot/healthy-living/keeping-active/keeping-active-guidelines#children-and-young-people-5-18">https://www.nhsinform.scot/healthy-living/keeping-active/keeping-active-guidelines#children-and-young-people-5-18</a>

An overview of school sport in Scotland including; information about the national Active Schools Network, Young Ambassadors, the sport scotland School Sport Award, the Active Girls programme and our contribution to Physical Education in Scotland.	<a href="https://sportscotland.org.uk/schools/">https://sportscotland.org.uk/schools/</a>
The daily mile News article	<a href="https://www.gov.scot/news/scotland-is-worlds-first-daily-mile-nation/">https://www.gov.scot/news/scotland-is-worlds-first-daily-mile-nation/</a>
Government guidelines for physical activity	<a href="https://www.gov.uk/government/collections/physical-activity-guidelines">https://www.gov.uk/government/collections/physical-activity-guidelines</a>
Cosmic Kids on You Tube - Yoga, mindfulness and relaxation for kids. Interactive adventures which build strength, balance and confidence	<a href="https://www.youtube.com/user/cosmickidsyoga">https://www.youtube.com/user/cosmickidsyoga</a>
Paths for all tools and tips for young people and families	<a href="https://www.pathsforall.org.uk/pfa/health-walks/walking-and-young-people.html">https://www.pathsforall.org.uk/pfa/health-walks/walking-and-young-people.html</a>
Parent club ideas for outdoor play	<a href="https://www.parentclub.scot/articles/play-outdoors">https://www.parentclub.scot/articles/play-outdoors</a>
Play Scotland - Includes play ideas, information and resources	<a href="https://www.playscotland.org/">https://www.playscotland.org/</a>
Public Health Scotland – Information on Physical Activity Information	<a href="http://www.healthscotland.scot/health-topics/physical-activity/physical-activity-overview">http://www.healthscotland.scot/health-topics/physical-activity/physical-activity-overview</a>
Joe Wicks PE Lessons (You Tube)	<a href="https://www.youtube.com/playlist?list=PL0kdTyVEX-wKPwxH6Eil7i2F3ITkdqaud">https://www.youtube.com/playlist?list=PL0kdTyVEX-wKPwxH6Eil7i2F3ITkdqaud</a>

Sugar	BDA- sugar information fact sheet	<a href="https://www.bda.uk.com/resource/sugar.html">https://www.bda.uk.com/resource/sugar.html</a>
	NHS inform- information on sugar	<a href="https://www.nhsinform.scot/healthy-living/food-and-nutrition/eating-well/vitamins-and-minerals#salt">https://www.nhsinform.scot/healthy-living/food-and-nutrition/eating-well/vitamins-and-minerals#salt</a>
	Food standards agency video on sugar	<a href="https://www.youtube.com/watch?v=Bxeh8CugICA">https://www.youtube.com/watch?v=Bxeh8CugICA</a>
	Food standards Scotland Sugar interactive game	<a href="https://www.foodstandards.gov.scot/education-resources/sugar-detectives">https://www.foodstandards.gov.scot/education-resources/sugar-detectives</a>
Salt	Foods standards agency video explaining salt	<a href="https://www.youtube.com/watch?v=unssU8nHPVE">https://www.youtube.com/watch?v=unssU8nHPVE</a>
	NHS Inform salt	<a href="https://www.nhsinform.scot/healthy-living/food-and-nutrition/eating-well/vitamins-and-minerals#salt">https://www.nhsinform.scot/healthy-living/food-and-nutrition/eating-well/vitamins-and-minerals#salt</a>
Vegetarian/ Vegan	British nutrition foundation information on veganism and vegetarianism	<a href="https://www.nutrition.org.uk/putting-it-into-practice/plant-based-diets/healthy-eating-for-vegetarians-and-vegans/">https://www.nutrition.org.uk/putting-it-into-practice/plant-based-diets/healthy-eating-for-vegetarians-and-vegans/</a>
	Vegan Eatwell Guide for practical teaching	<a href="https://www.vegansociety.com/resources/downloads/vegan-eatwell-guide">https://www.vegansociety.com/resources/downloads/vegan-eatwell-guide</a>
	NHS Inform-vegan and vegetarian diet information	<a href="https://www.nhsinform.scot/healthy-living/food-and-nutrition/special-diets/vegetarian-and-vegan-diets">https://www.nhsinform.scot/healthy-living/food-and-nutrition/special-diets/vegetarian-and-vegan-diets</a>

Vitamins and Minerals	NHS Inform information on vitamins and minerals	<a href="https://www.nhsinform.scot/healthy-living/food-and-nutrition/eating-well/vitamins-and-minerals">https://www.nhsinform.scot/healthy-living/food-and-nutrition/eating-well/vitamins-and-minerals</a>
	Food Standards Scotland information on Vitamin D	<a href="https://www.foodstandards.gov.scot/consumers/healthy-eating/nutrition/vitamins-minerals/vitamin-d">https://www.foodstandards.gov.scot/consumers/healthy-eating/nutrition/vitamins-minerals/vitamin-d</a>
	Scottish Government – Vitamin D: Advice for all age groups	<a href="https://www.gov.scot/publications/vitamin-d-advice-for-all-age-groups/">https://www.gov.scot/publications/vitamin-d-advice-for-all-age-groups/</a>
	Public Health Scotland – Vitamin D and you	<a href="https://www.healthscotland.com/documents/5274.aspx">https://www.healthscotland.com/documents/5274.aspx</a>
	Food Standards Scotland – Vitamin A	<a href="https://www.foodstandards.gov.scot/consumers/healthy-eating/nutrition/vitamins-minerals/vitamin-a">https://www.foodstandards.gov.scot/consumers/healthy-eating/nutrition/vitamins-minerals/vitamin-a</a>
Other Other	Education Scotland Website	<a href="https://education.gov.scot/education-scotland/">https://education.gov.scot/education-scotland/</a>
	RSHP Resource national resource for relationships, sexual health and parenthood (RSHP) education for children and young people. The resource can be used in early learning settings, schools, colleges and community-based learning. It is organised to sit within Curriculum for Excellence	<a href="https://rshp.scot/">https://rshp.scot/</a>
	Simple ideas to help children: understand more about feelings; learn about relationships, rights and responsibilities; and learn about their bodies and keeping themselves safe.	<a href="https://education.gov.scot/parentzone/learning-at-home/supporting-health-and-wellbeing/relationships-sexual-health-and-parenthood">https://education.gov.scot/parentzone/learning-at-home/supporting-health-and-wellbeing/relationships-sexual-health-and-parenthood</a>

	<p>Simple ideas to help children: understand more about feelings; learn about relationships, rights and responsibilities; and learn about their bodies and keeping themselves safe.</p>	<p><a href="https://education.gov.scot/parentzone/learning-at-home/supporting-health-and-wellbeing/mental-emotional-social-and-physical-wellbeing">https://education.gov.scot/parentzone/learning-at-home/supporting-health-and-wellbeing/mental-emotional-social-and-physical-wellbeing</a></p>
	<p>English language version of the World Health Organisation site that provides information and links to a variety of global and international health issues.</p>	<p><a href="https://www.who.int/">https://www.who.int/</a></p>
	<p>Headspace on You Tube – free short, guided meditation for all ages</p>	<p><a href="https://www.youtube.com/user/Getsomeheadspace">https://www.youtube.com/user/Getsomeheadspace</a></p>
	<p>Save the children ideas for relaxation</p>	<p><a href="https://www.savethechildren.org.uk/what-we-do/coronavirus-information-advice/relaxation-exercises-to-do-at-home-with-your-kids">https://www.savethechildren.org.uk/what-we-do/coronavirus-information-advice/relaxation-exercises-to-do-at-home-with-your-kids</a></p>
	<p>The crunch aims to get children thinking about how our food, health and planet are all interconnected</p>	<p><a href="https://www.stem.org.uk/resources/collection/133666/crunch-primary-resources">https://www.stem.org.uk/resources/collection/133666/crunch-primary-resources</a></p>
	<p>Global Health Alliance of professionals and organisations working together to ensure health for all</p>	<p><a href="http://www.globalhealth.org">www.globalhealth.org</a></p>



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