



Cornerstones

Healthy eating

[Food, a fact of life](#)

A great website with resources for children, including stories and recipes, to help them learn about food origins and healthy eating.

[The Eatwell Guide – NHS](#)

This link includes an interactive Eatwell Guide and information about different food groups.

Food labelling

[Food labels – NHS Live Well](#)

Provides information on food labelling and food shopping tips. Useful background information that could be simplified for children.

Food origins

[The Journey of Bananas: From Land to Your Hand – YouTube](#)

A four-minute video from National Geographic showing how bananas are grown, harvested, packed and transported. Some specialist language, but this could be rewritten to produce an alternative narration.

[The Banana Story – Vimeo](#)

A three-minute video of the journey of bananas from Costa Rica to supermarket shelves.

[The Story of our Chocolate Journey – YouTube](#)

This three-minute video explains how chocolate is grown, processed and transported.

Food, Glorious Food, from Oliver!

[Food, Glorious Food – Dailymotion](#)

A clip from the 1968 film, *Oliver!*

Food from around the world

[Food around the world – BBC Food](#)

A tasty tour of different foods and favourite meals from around the world.

James Lind

The following links provide background information about the physician, James Lind.

[James Lind – BBC History](#)

[James Lind – Science Museum](#)

Web link disclaimer

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Fair trade

[Fairtrade Foundation – fairtrade.org](https://www.fairtrade.org)

An organisation promoting better prices, terms, and working conditions for farmers and workers.

[Resources – fairtrade.org](https://www.fairtrade.org)

A website with a whole range of resources about fair trade, including a resource map and a range of short films.

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