

# **GOOD WEBSITES**



## **GAMES AND LEARNING FOR THE KIDS**

**Fresh for kids**—recipes, games, jokes, colouring sheets, nutrition facts and more!

[www.freshforkids.com.au](http://www.freshforkids.com.au)

**Go for your life** animated lunch box game

[www.goforyourlife.vic.gov.au/hav/articles.nsf/html/index.html](http://www.goforyourlife.vic.gov.au/hav/articles.nsf/html/index.html)

**Child and Youth Health**—click on ‘Kids Health’—great info targeted at kids.

<http://www.cyh.com.au>

## **GREAT HEALTHY RECIPES**

**Go for your life** recipe search database

[www.goforyourlife.vic.gov.au/hav/articles.nsf/leveltwoview/healthy\\_recipes?open](http://www.goforyourlife.vic.gov.au/hav/articles.nsf/leveltwoview/healthy_recipes?open)

**Go for your life Herald sun healthy eating plan for the family**—has a 5 week menu plan, shopping list and recipes for the family to enjoy!

[http://www.goforyourlife.vic.gov.au/hav/articles.nsf/pages/Health\\_Challenge?open](http://www.goforyourlife.vic.gov.au/hav/articles.nsf/pages/Health_Challenge?open)

**Taste**—fantastic recipes. You can pick topics like school lunches, kids party food, heart friendly etc

<http://www.taste.com.au/>

**Heart foundation**

[www.heartfoundation.org.au](http://www.heartfoundation.org.au)

**Dietitians Association of Australia**—has recipes, eating tips, search for a local Dietitian and more!

[www.daa.asn.au](http://www.daa.asn.au)

**Nestle**

<http://www.nestle.com.au/nestlerecipe>

**Australian Healthy food guide**—magazine homepage with recipes and stories

<http://www.healthyfoodguide.com.au/>

## **GREAT PARENT ADVICE AND NUTRITION INFO**

**Fresh for kids**—recipes, lunch ideas, party food ideas etc

<http://www.freshforkids.com.au/index.html>

**Go for your life**—plenty of info about nutrition and physical activity for all ages! Also a recipe search engine

[www.goforyourlife.vic.gov.au](http://www.goforyourlife.vic.gov.au)

**Choice food for kids**—has nutrient composition of popular processed foods and compares and rates them

<http://www.choicefoodforkids.com.au/index.aspx>

**The Better Health Channel**—search for most things health related, includes fussy eating, food allergy etc.

<http://www.betterhealth.vic.gov.au/>

**Child and Youth Health**—click on ‘Parenting and child health’—fantastic resource with information on everything!

<http://www.cyh.com.au>