

## **Resources**

1. <http://webarchive.nationalarchives.gov.uk/20130107105354/http://www.dh.gov.uk/en/PublicHealth/Healthimprovement/FiveADay/FiveADaygeneralinformation/index.htm>
2. Nutritional database on [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk). (see details below)
3. [www.food.gov.uk](http://www.food.gov.uk)
4. [www.nutrition.org.uk](http://www.nutrition.org.uk)
5. [www.youngminds.org](http://www.youngminds.org)
6. [www.guardianeatright.co.uk](http://www.guardianeatright.co.uk)
7. BBC bitesize food and nutrition

## **Nutritional Analysis Database**

How to log on to: [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)

1. Click on green '**Resources**' box
2. Click on '**Nutritional analysis for schools**'
3. Look for '**To access Explore food click here**' and click
4. Choose what you would like to do, mostly we will be **calculating a recipe**.
5. Enter name of recipe.
6. Enter first ingredient. Keep it broad e.g. flour. Options will then appear e.g. wheat flour white self raising.
7. Add quantity in grams.
8. mls weight the same as grams
9. Tip: A medium egg contains 65 grams
10. Add another ingredient followed by amount until all ingredients added. Click on the left hand red cross next to each ingredient to remove n ingredients
11. You can save or print this list off to give you totals of nutrients.