

The Perfect Picnic

(cooking and nutrition)

Useful Websites

<https://www.bbc.co.uk/bitesize/subjects/zyr9wmn>

<http://www.foodafactoflife.org.uk/>

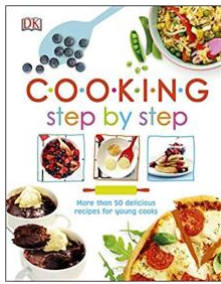
<https://www.nhs.uk/change4life>

<https://www.theschoolrun.com/homework-help/keeping-healthy>

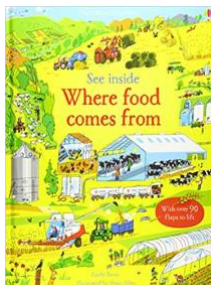
<https://www.nationalpicnicweek.co.uk/>

Useful Books

“Cooking Step By Step: More than 50 Delicious Recipes for Young Cooks” by DK



“Where Food Comes From” by Emily Bone



“The Perfect Picnic” by Ciara Flood



Educational Visits

- Bolam Lake Country Park

- Jesmond Dene
- Exhibition Park