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| **Field area / Field of Learning covered by this Level 1 resource list** | **Personal Skills and Development** |
| **Minor Awards - Names** | **Food Choice and Health**  **Health Related Exercise**  **Personal Care**  **Personal Safety**  **Relaxation Techniques** |
| **Minor Awards - Codes** | **M1H16**  **M1H17**  **M1H14**  **M1H15**  **M1H21** |
| **Level** | **1** |

**Suggested resources to support delivery at Level 1:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Theme/Topic:**  **Food Choice and Health** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| Healthy Eating  Common Foods | Interactive resource | The aim of Taste Buds is to help learners to enjoy learning about the origins and production of food and the importance of eating a balanced diet. Each lesson is accessed by clicking on the image. | Safefood | <https://safefood.eu/tastebuds.aspx> |
|  | Online game | Dairy Farm Bingo Card. This game gets learners and teachers to think about dairy foods. It is a downloadable resource. | Midwest Dairy Association | <https://www.midwestdairy.com/resource/dairy-farm-bingo-cards/> |
|  | Website | This is an article about dairy nutrition. It includes colourful images. Other resources about dairy are available on the website. | Midwest Dairy Association | <https://www.midwestdairy.com/nutrition-and-health/dairy-nutrition/> |
|  | Worksheet | This is a fruit and vegetable worksheet. | Have Fun Teaching | <https://www.havefunteaching.com/resource/science/fruits-vegetables-worksheet/> |
|  | Poster | This poster has colourful images of the types of fish and provides facts about the benefits of eating fish. | Food- A Fact of Life | <http://www.foodafactoflife.org.uk/Sheet.aspx?siteId=22&sectionId=85&contentId=318> |
|  | Poster | A – Z Food Poster | Food- A Fact of Life | <http://www.foodafactoflife.org.uk/attachments/4a6b2593-28aa-401d9c340f40.pdf> |
|  | Worksheet | Blank Eat Well Guide. Learners can draw pictures and insert the pictures into the food groups. | Food- A Fact of Life | <http://www.foodafactoflife.org.uk/Sheet.aspx?siteId=19&sectionId=131&contentId=812> |
|  | Website | Alphabet of Fruit | World Cancer Research Fund | <https://www.wcrf-uk.org/uk/recipes/alphabet-of-fruit> |
|  | Website | Alphabet of Vegetables | World Cancer Research Fund | <https://www.wcrf-uk.org/uk/recipes/alphabet-of-vegetables> |
|  | Worksheet | This worksheet asks the learner to circle the healthy foods. | Have Fun Teaching | <https://www.havefunteaching.com/resource/science/foods-healthy-worksheet/> |
|  | Online game | The ‘Food Drop Game’ is about common healthy eating foods. | Sheppards Softwares Nutrition 4kids | <http://www.sheppardsoftware.com/nutritionforkids/games/fooddropgame.htm> |
|  | Online game | The ‘Food Group Frenzy’ game is about sorting the correct food into the food groups. | Sheppards Softwares Nutrition 4kids | <http://www.sheppardsoftware.com/nutritionforkids/games/food_frenzy.htm> |
|  | Food Cards | This is a useful resource to help identify common foods associated with healthy eating. | Food-A Fact of Life | <http://www.foodafactoflife.org.uk/attachments/4ded4e0a-93a9-43b242565f07.pdf> |
|  | Experiment | This is a simple experiment to measure the amount of fat in food you eat. | Microbe Magic | <http://microbemagic.ucc.ie/exp_downloads/How-much-fat-a-food-has.pdf> |
|  | Experiment | This is a simple experiment to see how much fat and protein are in dairy products. | Microbe Magic | <http://microbemagic.ucc.ie/exp_downloads/How-to-see-the-fat-protein.pdf> |
|  | Online quiz | These are quizzes about dairy, fruit, grains, proteins and vegetables. It is based on MyPlate. | Choose My Plate.gov  United States Department of Agriculture | <https://www.choosemyplate.gov/quiz> |
|  | Website | This is a simple colourful Food Pyramid poster. | Health Service Executive | <http://www.fooddudes.ie/Food_Pyramid.pdf> |
|  | Website | This information leaflet presents healthy eating practices for children. It includes healthy recipes. | Health Service Executive | <http://www.fooddudes.ie/Healthy_Eating_for_Children.pdf>. Email food [dudes@realevents.ie](mailto:dudes@realevents.ie). Ph. 01 5224855 |
|  | Booklet | This booklet provides guidelines about  food and nutrition. | Health Service Executive | <http://www.fooddudes.ie/Primary_Schools_Food_Nutrition.pdf> |
|  | Information leaflet | This leaflet provides information about cutting down on sugar. | Eat Better. Feel Better. | <https://www.eatbetterfeelbetter.co.uk/sites/default/files/35185%20EDFB%20Sugar%20A5%20card%20with%20magnet-WEB%201_0.pdf> |
|  | Information sheet | This information sheet explains the food groups in the food pyramid and the different foods from which to choose for a healthy diet. | Eatright.eu | <http://www.eatright.eu/wp-content/uploads/2017/02/m9942-eatright-roi_the-food-pyramid_information-sheet_feb-2017.pdf> |
|  | Website | This is an interactive food pyramid. | Nourish Interactive | <http://www.nourishinteractive.com/nutrition-tools-healthy-family/interactive-food-pyramid> |
|  | Factsheet | This toolkit includes the new Food Pyramid and provides guidance materials to help people make choices to maintain a healthy and balanced diet. The resource reflects best national and international evidence and advice. The guidance applies to everyone from 5 years of age upwards. | Healthy Ireland | <http://www.healthyireland.ie/health-initiatives/heg/> |
|  | Website | This provides factsheets about salt, food labels, 5 A Day, healthy snacks, sugar, fruit & vegetables and saturated fat. | National Health Service  (Change for Life) | [https://www.nhs.uk/change4life/food-facts#9VqqA23rD3rHU2LF.97](https://www.nhs.uk/change4life/food-facts%239VqqA23rD3rHU2LF.97) |
|  | Article | This article provides a list of healthy snacks. | Dairy Council of California | <https://healthyeating.org/Healthy-Kids/Kids-Healthy-Eating/Beverages-Snacks/Article-Viewer/Article/312/Healthy-Snacks-Kids-Love> |
|  | Information sheet | This information sheet provides information associated with a balanced diet. | Woman’s and Children’s Health Network. KidsHealth. Child and Youth Health | <http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=284&id=1429> |
|  | Online game | This game ‘Stuff we like: Games Pick Chow’, gets the learner to choose their favourite foods to create their dream meal. | Fit SandfordWeb MD | <https://fit.webmd.com/kids/food/game/pick-chow-game> |
|  | Activities | These activities aim to review the eating habits of young people and inform young people about basic nutrition and food groups. It also looks at the health issues associated with our fast food culture. | Irish Youth Work Scene  Author: Gina Halpin | <http://youthworkireland.ie/images/uploads/general/AS_youthobesity.pdf> |
|  | App | The Change4Life Food Scanner app is designed to show quickly and easily how much sugar, saturated fat and salt is in food and drink. Scan the barcode. Download from iTunes. | National Health Service | <https://www.nhs.uk/Tools/Pages/food-scanner-app.aspx> |
|  | Calorie Checker | Use the calorie checker to check the calorie content of food. | National Health Service | <https://www.nhs.uk/Tools/Pages/Calorie-checker.aspx?Tag=Healthy+eating> |
|  | Booklet | This website provides guidelines associated with healthy eating. You can order a hard copy from the website. | Food Safety Authority of Ireland | <https://www.fsai.ie/science_and_health/healthy_eating.html> |
|  | Worksheet | This worksheet consists of 2 exercises dealing with healthy/unhealthy food and habits. In ex 1 there are 20 pictures that the learners must name and put into the correct column: healthy /unhealthy food. In ex 2 there are 12 pictures and healthy/unhealthy habits that the learners must match. | Dinglesazara  (Busy Teacher) | <https://busyteacher.org/11077-healthyunhealthy-life.html> |
|  | Activity | This is a healthy food versus unhealthy food lesson. Simplify for a level 1 learner. | ThoughtCo.  By Janelle Cox | <https://www.thoughtco.com/healthy-vs-unhealthy-foods-lesson-plan-2081802> |
| Benefits of Healthy Eating | Video | This is a video about ‘Healthy Eating’. It is a good introduction for learners aged 5 – 11 yrs. | YouTube | <https://www.youtube.com/watch?v=mMHVEFWNLMc> |
|  | Video | This video shows learners why eating fruit and vegetables are good for them. | YouTube  Eat Happy Project | <https://www.youtube.com/watch?v=kteZneJm1EI> |
|  | Website | This website provides a colourful ‘Food Pyramid’ and the ‘Eat Well Guide’. | Safefood | <http://www.safefood.eu/Healthy-Eating/The-Food-Pyramid-and-The-Eatwell-Guide.aspx> |
|  | Worksheet | This is a worksheet called ‘Food Route - A journey through food 7 - 9 yrs/ 11 - 12yrs’. This website also includes various resources associated with diet and health, shopping, cooking and food safety. | Food- A Fact of Life | <http://www.foodafactoflife.org.uk/attachments/53fbbce3-1c7f-475d6efabcb9.pdf> |
|  | Video | This video is about weighing up the facts about weight and food. | Safe Food TV | <https://www.youtube.com/watch?v=2p53C33MO_0> |
|  | Activity 1 | This activity ‘What is a balanced diet?’ reviews eating habits and informs young people about nutrition and food groups. | Author: Gina Halpin  Irish Youth Work Centre. | <http://youthworkireland.ie/images/uploads/general/AS_youthobesity.pdf> |
|  | Activity 2 | This activity gets young people to look at the health issues associated with our fast food culture and the advertising of it. Learners can complete their own survey of the food they eat. | Author: Gina Halpin  Irish Youth Work Centre. Selling Obesity Food Survey | <http://youthworkireland.ie/images/uploads/general/AS_youthobesity.pdf> |
|  | Board Game | This is a board game that helps you learn about diet and health, shopping, cooking and food safety. It is for 2 to 4 players.  Download the question cards. It is suitable for 7 - 9 years of age and 11-12 years old. | Food - A Fact of Life | <http://www.foodafactoflife.org.uk/Sheet.aspx?siteId=22&sectionId=85&contentId=347> |
|  | Online game | This is a level 1 resource about nutrition. It also includes hygiene and safety. | Sensory World | <http://www.sensoryworld.org/nutrition.html> |
|  | Online Quiz | This is a quiz called the ‘Food Plate Quiz’. | Microbe Magic | <http://microbemagic.ucc.ie/imgQuiz-plate.html> |
|  | Worksheet | This is a drawing worksheet called ‘My Plate’. | Have Fun Teaching | <https://www.havefunteaching.com/resource/science/plate-worksheet-drawing/> |
|  | App | This app called ‘Max’s Plate’ teaches learners to eat according to food groups from MyPlate. Other apps are available to use a technology enhanced learning approach. | Children’s Heart Centre Nevada  Healthy Hearts Programme | <http://healthyheartsnv.com/fun-apps-to-teach-kids-about-nutrition/> |
|  | The Health Game | This unique educational question and answer card game promotes the benefits of healthy living in a simple, interactive and fun way. | Creative Learning Tools Ltd | <http://salubriathehealthgame.com> |
|  | Interactive Video | This video looks at healthy and unhealthy foods. There is an interactive mode available that gives you the option to answer questions. | ISL Collective | <https://en.islcollective.com/video-lessons/healthy-or-unhealthy> |
|  | Factsheet | This factsheet provides information about healthy eating. | Healthy Promotion.ie | <https://www.healthpromotion.ie/health/healthy_eating> |
|  | Video | This video is about ‘Food Education’ and ‘Jamie Oliver’s Food Revolution’. | You Tube - Jamie Oliver | <http://www.jamiesfoodrevolution.org/about/> |
|  | Website | This is a useful website that provides information about the importance of food education, nutrition, food waste, our planet and cooking. | Food Revolution. Jamie Oliver | <http://www.jamiesfoodrevolution.org/about/> |
|  | Booklet | The ‘Eat Smart Move More’ information booklet is a guide for healthy eating and getting active for children. | Health Service Executive | <http://www.getirelandactive.ie/Children/> |
|  | Booklet | The ‘Eat Well Guide’ is a visual representation of how different foods contribute to a healthy balanced diet. | Food Safety Agency. Northern Ireland | <https://www.food.gov.uk/sites/default/files/eatwellguidebookletni.pdf> |
|  | Website | The free online eNews will keep you up-to-date with activities and brings you the latest news on healthy eating. | Great Grub Club | [http://www.greatgrubclub.com/parents-enews#.WsH9RC7wbIU](http://www.greatgrubclub.com/parents-enews" \l ".WsH9RC7wbIU) |
|  | Poster | The ‘Eat Well Guide’ poster is a visual representation of how different foods contribute to a healthy balanced diet. | Food Safety Agency. Northern Ireland | <https://www.food.gov.uk/sites/default/files/section-images/finaleatwellguide23rd.jpg> |
|  | Poster | This is a colourful visual poster providing information and tips on a healthy plate. | Nourish Interactive | <https://store.nourishinteractive.com/products/download-my-plate-10-healthy-tips-poster> |
|  | Poster | This poster is a colourful visual poster providing information about the 5 food groups. | Nourish Interactive | <https://store.nourishinteractive.com/products/download-my-plate-five-food-groups-poster> |
|  | Video | This video shows the learner the benefits of eating fruits and vegetables - For Kids (children). | YouTube | <https://www.youtube.com/watch?v=u1sh_XGKJ-Q> |
|  | Video | This video is about Nutrition, the Food Pyramid, Healthy Eating, and Educational Videos & Games for Children. | YouTube | <https://www.youtube.com/watch?v=O0T3EP4NEpI> |
|  | Healthy Eating Programme | This programme encourages children to eat more fruit and vegetables both in school and at home. It is based on positive role models (the Food Dudes characters). | Bord BiaThe Irish Food Board | <http://www.fooddudes.ie/main.html> |
|  | Book | This is an excellent photocopiable, three-book series to encourage healthy lifestyle choices. | Prim - Ed. Lifestyle Choices. Published by RIC Publicationsp 2- 41 | <https://www.prim-ed.com/webshop/root/SPHE/Lifestyle-Choices> |
|  | Worksheets | These worksheets give tips for healthy eating. Each worksheet contains a reading text for information, a comprehension exercise and a word puzzle with answers provided. | National Adult Literacy Agency (NALA) | <https://www.nala.ie/resources/health-literacy-exercises-students> |
|  | Resource | This resource is for those working with young people in youth work settings. Chapter 5 focuses on health eating. | Irish Heart Foundation & National Youth Council of Ireland | [http://www.youth.ie](http://www.youth.ie/) |
|  | Resource | This resource provides guidelines to promote nutrition awareness and positively promote healthy eating among school children. It includes a food pyramid and an exercise pyramid. | Irish Health | <http://www.irishhealth.com/clin/documents/Primary_schools.pdf> |
|  | Interactive Resource | This interactive resource gets learners to start thinking about the importance of food and finding out about the different food groups, following a recipe and evaluating them. | HWB Wales Gov | <https://hwb.gov.wales/resources/resource/168de001-9cc9-4223-bff6-e871d33c6e57/en> |
|  | Booklet | The booklet called ‘Nutrition and You’ provides information on nutrition. The topics include Eating Well to Grow Well, Finding the Balance, Dairy – a Matrix of Nutrients, Preparing a Healthy Lunchbox, Encouraging Activity, Supporting Bone Health, Keeping them Smiling and Balancing Body Weight. | Irish Nutrition and Dietetic Institution | <https://www.indi.ie/images/4312_NDC_Nutrition_Children_A5_v7_WEB.pdf> |
|  | Worksheet | This is a simple story and worksheet about nutrition. | Resources.marshalladulteducation.org | <http://resources.marshalladulteducation.org/rs/hc/l15hc/Good_Nutrition_Level_1.5.pdf> |
| Characteristics of Food | Factsheet | This factsheet provides information about allergens. | Food Standards Agency | <https://www.food.gov.uk/sites/default/files/top-allergy-types.pdf> |
|  | Video | This video provides information about allergies. | Food Standards Agency | [https://www.food.gov.uk/business-guidance/allergen-guidance-for-industry#toc-3. https://youtu.be/SfDNl11QqrI](https://www.food.gov.uk/business-guidance/allergen-guidance-for-industry%23toc-3.%20https:/youtu.be/SfDNl11QqrI) |
|  | Poster | This poster provides information about allergenic ingredients in food. | Food Standards Agency | <https://www.food.gov.uk/sites/default/files/multimedia/pdfs/publication/thinkallergy.pdf> |
|  | Menu Cards | These individual allergen menu records can be filled in on your computer or can be printed out and filled in hard copy form. They allow you to check allergen information on one-off dishes. | Food Standards Agency | [https://www.food.gov.uk/business-industry/allergy-guide/allergen-resources#toc-3](https://www.food.gov.uk/business-industry/allergy-guide/allergen-resources" \l "toc-3) |
|  | Poster | This colourful poster showcases the top 14 allergens and helps educate learners about behaving safely around food allergies in a fun and engaging way. | Food Standards Agency | [http://www.food.gov.uk/business-industry/allergy-guide/allergen-resources#toc-3](http://www.food.gov.uk/business-industry/allergy-guide/allergen-resources%23toc-3) |
|  | Activity | This is a food and vegetable activity. | Have Fun Teaching | <https://www.havefunteaching.com/resource/first-grade/fruits-vegetables-activity/> |
|  | Infographics | These are colourful fruit and vegetable infographics. | Safefood | <http://www.safefood.eu/Healthy-Eating/Food,-Diet-and-Health/Eating-In/Fruit-and-vegetable-infographics.aspx> |
|  | Game | This classroom game is designed to help learners understand which foods provide the most fibre to their diet. | The Grain Chain | <https://www.grainchain.com/sites/default/files/Fibre%20cards.pdf> |
|  | Worksheet | This is a healthy eating worksheet. | ISL Collective | <https://en.islcollective.com/resources/printables/worksheets_doc_docx/healthy_eating_eat_well_plate/nouns-food-nouns/56157> |
|  | Worksheet | This worksheet is about taste. It asks the learner to x the objects that are hot and √ the objects that are cold. | Kids Activity Blog | <http://bonlacfoods.com/worksheet/hot-and-cold-worksheet-24.html> |
|  | Worksheet | This worksheet presents images of sweet, sour, salty and spicy foods. | English Current | <http://www.englishcurrent.com/worksheets/tastes-worksheet-beginner-esl/> |
|  | Project | This project makes young people more aware of taste and the learners have the opportunity to experience the four basic tastes: sweet, sour, salty, and bitter. | Education.com | <https://www.education.com/science-fair/article/taste-sweet-sour-salty-bitter/> |
|  | Activity | These simple activities help to explore the importance of taste. | MPM School Supplies | <https://www.mpmschoolsupplies.com/ideas/2083/two-activities-for-exploring-taste/> |
|  | Worksheet | This activity helps teaches us about the sense of taste. | Education.com | <https://www.education.com/worksheet/article/5-senses-taste-matching/> |
|  | Video | This is a video about fruit and vegetables. | Food. A Fact of Life.  British Nutrition Foundation | <http://www.foodafactoflife.org.uk/VideoActivity.aspx?siteId=19&sectionId=131&contentId=830&titleId=832> |
|  | Video | This video is about potatoes, bread, pasta and rice. | Food. A fact of life  British Nutrition Foundation | <http://www.foodafactoflife.org.uk/VideoActivity.aspx?siteId=19&sectionId=131&contentId=830&titleId=833> |
|  | Video | This video is about beans, pulses, fish, eggs and meat. | Food. A fact of life  British Nutrition Foundation | <http://www.foodafactoflife.org.uk/VideoActivity.aspx?siteId=19&sectionId=131&contentId=830&titleId=834> |
|  | Video | This video is about dairy and alternatives to dairy products. | Food. A fact of life  British Nutrition Foundation | <http://www.foodafactoflife.org.uk/VideoActivity.aspx?siteId=19&sectionId=131&contentId=830&titleId=835> |
|  | Video | This video is about oils and spreads. | Food. A fact of life  British Nutrition Foundation | <http://www.foodafactoflife.org.uk/VideoActivity.aspx?siteId=19&sectionId=131&contentId=830&titleId=836> |
|  | Video | This video shows how to make a healthy lunch box using strawberries. It also shows the benefits of eating strawberries. | Bord Bia. The Irish Food Board | <https://www.youtube.com/watch?v=9bJ9pcWRypE> |
|  | Online resources | The ‘MyPlate Kids' Plate’ is a resource for learners and teachers. Resources include games, activity sheets, kid-friendly recipes, and physical activity tips. Kids can also pledge to become a MyPlate Champion. It illustrates the five food groups which are the building block for a healthy diet. | United States Department of Agriculture (USDA) | <https://www.choosemyplate.gov/kids> |
|  | Online resources game | The ‘Plate Match Game’ informs learners about the five food groups and how much they need from each group. | Dairy Council of California | <https://healthyeating.org/Healthy-Kids/Kids-Games-Activities> |
|  | Online resources game | The ‘Power Up your Breakfast’ is an educational game. You can learn how to eat a healthy breakfast. | Dairy Council of California | <https://healthyeating.org/Healthy-Kids/Kids-Games-Activities> |
|  | Online Game | This game which is called ‘Blastoff’ is a healthy eating and fitness game. | Unites States Department of Agriculture. Food and Nutrition Service | <https://www.fns.usda.gov/blastoff> |
|  | Nutrition Interactive | These interactive ‘Pathfinders Games’ help learners to practice making better food choices. | Dairy Council of California | <https://www.healthyeating.org/Healthy-Kids/Kids-Games-Activities> |
|  | Information sheet | This information sheet provides tips and advice on choosing drinks. | Safefood | <http://www.safefood.eu/Healthy-Eating/Food-Diet/Eating-In/Drinks.aspx> |
|  | Game | This game is called ‘Which part of the plant do we eat’? It is a matching exercise. | Great Grub Club | <http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/Which_parts_of_the_plant_do_we_eat_.pdf> |
|  | Article | This article provides information about how sugar in the diet affects health. | National Health Service | <https://www.nhs.uk/Livewell/Goodfood/Pages/sugars.aspx> |
|  | Website | This is a useful resource that provides resources on nutrition. | Institute of Child Nutrition | <http://www.nfsmi.org/ResourceOverview.aspx?ID=367> |
|  | Website | This website provides information about nutrition. It includes an exercise on food comparisons, a food group challenge and a cut and paste activity. | Empowered by Them | <http://empoweredbythem.blogspot.ie/search/label/nutrition> |
| Instructions to prepare a meal | Book | This text free cookbook contains simple, economical & nutritious recipes that are presented to the user through a series of photographs. | Author: Eileen Kirrane  Published by: Self- published  Just Look and Cook | [http://www.justlookandcook.ie](http://www.justlookandcook.ie/) |
|  | Worksheet | This worksheet shows images of catering equipment. | Food- A Fact of Life | <http://www.foodafactoflife.org.uk/Sheet.aspx?siteId=20&sectionId=124&contentId=772> |
|  | Card Game | The purpose of the game is to learn the basic ingredients. | Isabelle. Busy Teacher | <https://busyteacher.org/24702-ingredients-card-game.html> |
|  | Article | This article provides information on helping a learner to read a recipe. | Kids Health  From Nemours. | [https://kidshealth.org/en/kids/read-a-recipe.html?WT.ac=ctg#catfood](https://kidshealth.org/en/kids/read-a-recipe.html?WT.ac=ctg%23catfood) |
|  | Poster | The ‘Let’s Get Ready to Cook’ poster is a useful reference guideline for using before you start cooking. | Food- A Fact of Life | <http://www.foodafactoflife.org.uk/attachments/db69bf6c-c929-4dc581ba5b40.pdf> |
|  | Online games | These games are fun cooking chef games. | Nourish Interactive | <http://www.nourishinteractive.com/kids/healthy-games/11-kids-fun-cooking-chef-game> |
|  | Book | This recipe book shows learners how to follow a recipe. It includes pictures of equipment, cooking terms, what to do before cooking and things to remember during cooking. Each recipe includes ingredients and methods which are illustrated by children’s pictures. | Author: Angela Wiles. Illustrated by Stephen Cartwright. Published by Usborne Publishing  The Usborne First Cookbook | <http://www.usborne.com> |
|  | Slides | This presentation provides information on how to read a recipe, use a recipe and adjust a recipe (some slides not suitable for level 1 learner). | Just FACS.com | <http://justfacs.com/lesson-ideas/foods/> |
|  | Book | This recipe book shows you simple step-by-step instructions on how to prepare ingredients. | Author: Fiona Watt  Published by Usborne Publishing  The Usborne Beginner’s Cookbook | <http://www.usborne.com> |
|  | Interactive recipe book | This cookery book illustrates easy to prepare, low budget, tasty, yet highly nutritious meals. Audio version available to download. | Safefood. Compiled by the Nutrition Team | <http://www.safefood.eu/Recipes/101-Square-Meals-(PDF).aspx> |
|  | Video | These videos show simple preparation and cooking techniques for healthy eating practices - avocado, herbs, onion, garlic, rice, pasta, baked potato, scrambled egg, roast chicken and vegetables. | Safefood | <http://www.safefood.eu/Healthy-Eating/Food,-Diet-and-Health/Eating-In/Food-skills/-How-to-videos.aspx> |
|  | Video | This is a video about healthy snacks. | Dairy Council of California | <https://healthyeating.org/Videos/Healthy-Snacks> |
|  | Make and do | This website shows the learner how to make a healthy snack holder. It is a useful resource to use after making healthy snacks. | Great Grub Club | <http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/blank%20healthy%20snack%20holder.pdf> |
|  | Book | This wipe clean book called ‘Kids Can Cook’ has pages with simple snacks, drinks and meals for learners to make and enjoy. | Recipe Development: R&R Test Kitchen  Published by Hinkler Books Pty Ltd | [http://www.hinkler.com.au](http://www.hinkler.com.au/) |
|  | Website | These are quick and easy lunch box recipes. | NHS (Change for Life) | [https://www.nhs.uk/change4life/recipes#YgOWlHziIFPlxTMC.97](https://www.nhs.uk/change4life/recipes%23YgOWlHziIFPlxTMC.97) |
|  | Website | These are simple healthy recipes. | Eat Better. Feel Better. | <https://www.eatbetterfeelbetter.co.uk/resources> |
|  | Videos | These videos show how simple it is to cook a healthy and tasty meal. Simply click on the meal you want to make and cook. | Eat Better. Feel Better. | <https://www.eatbetterfeelbetter.co.uk/cookalong-videos> |
|  | Online Recipes | These are healthy recipes with colourful images and are displayed in a fun way. Available to download. | Great Grub Club | [http://www.greatgrubclub.com/for-parents-recipes#.WuwumOSWyvt](http://www.greatgrubclub.com/for-parents-recipes%23.WuwumOSWyvt) |
|  | Website | These are age appropriate recipes and presentations. | The Grain Chain | <https://www.grainchain.com/all-resources> |
|  | TV Series | Healthy Home Chef is Neven Maguire’s television series and the recipes are healthy – no refined sugar was used in the recipes for this series. Each programme is based around a health theme. | Bord Bia. Neven Mcquire Healthy Home Chef | <https://www.bordbia.ie/consumer/recipes/healthyhomechef/pages/default.aspx> |
|  | Games | These are fun online cooking games. | Nourish Interactive | <http://www.nourishinteractive.com/kids/healthy-games/11-kids-fun-cooking-chef-game> |
|  | Recipes/Video | These are simple healthy recipes. | Operation Transformation | <https://ot.rte.ie/food-and-recipes/> |
|  | Recipes | These kid-friendly recipes are packed with nutritious fresh ingredients. | Healthy Kids. Eat Well, Get Active | <https://www.healthykids.nsw.gov.au/recipes.aspx?category=kidfriendlyrecipes> |
|  | Videos | The ‘Happy Pear’ videos show simple healthy recipes. They also visit schools and give healthy eating talks. | You Tube- The Happy Pear | <https://www.youtube.com/user/happypeargreystones/videos> |
|  | Resource | This guide provides recipes and ideas on how to reach a goal of four or more portions of fruit in the diet. | Irish Health | <http://www.irishhealth.com/clin/documents/Fruit_leaflet.pdf> |
|  | Resource | This guide provides simple healthy eating recipes. | Irish Health | <http://www.irishhealth.com/clin/documents/Healthy_eating_children.pdf> |
|  | Website | This website has easy skills levels of cooking and preparation section. It includes video demonstrations, equipment and recipes. | BBC | <https://www.bbc.co.uk/food/techniques> |
|  | Website | This website provides simple visual recipes. | Empowered by Them | <http://empoweredbythem.blogspot.ie/search/label/cooking> |
| Personal Hygiene | Video | The video called ‘Clean Hands - Make a Song and Dance of it’ is a resource about the importance of handwashing. | Safefood | <https://safefood.eu/Education/Primary-(ROI)/Clean-Hands-make-a-song-and-dance-of-it.aspx> |
|  | Game | The ‘Beat the Bingo Bug’ game is packed with hygiene messages. | Food Standards Agency. Northern Ireland | <https://www.food.gov.uk/northern-ireland/safetyhygieneni/bingo> |
|  | Factsheet | This guide helps learners to remember important handwashing techniques. | Nourish interactive | <http://www.nourishinteractive.com/nutrition-education-printables/860-hand-washing-kids-food-safety-sink-flyer> |
|  | Poster | This poster shows handwashing techniques through pictures. | Daydream Education | <http://www.daydreameducation.co.uk> |
|  | Animated Video + Facts | This animated video is all about a bacterium talking about itself. It also gives fun facts about bacteria. | Easy Science for Kids | <http://easysceinceforkids.com> |
|  | Worksheets. Module 3 | The worksheets in the ‘Steps to Safety. Improving Workplace Basic Education’ workbook includes health and safety exercises. | Authors: Martin Berridge, Fiona Fay and Pauline Hensey. Published by: NALA & FAS. | <https://www.nala.ie/resources/steps-safety-improving-workplace-basic-education-and-health-and-safety-introduction> |
|  | Poster | This is a colourful poster that provides information about personal hygiene practice in the food industry. | Safety Posters Shop | <https://www.safetypostershop.com/food-safety-posters/personal-hygiene-essentials/> |
|  | Checklist | This is a good visual personal hygiene checklist for learners who are working with food. | New South Wales Food Authority | <http://www.mypersonalhygiene.com/wp-content/uploads/2013/10/personal-hygiene-checklist-food.jpg> |
| Personal Safety | Activity Sheets | These activities will show learners how to prepare and cook food and use the kitchen safely. | Kids Health in the classroom. The Nemours Foundation/KidsHealth | <http://classroom.kidshealth.org/prekto2/personal/safety/food_safety.pdf> |
|  | Online information sheet | [The ‘Step Stool Chef](http://www.stepstoolchef.com/)’ focuses on building kid leadership & confidence through cooking. | Super Healthy Kids | <https://www.superhealthykids.com/kitchen-safety-rules-kids/> |
|  | Poster | This poster shows what you need to know about food preparation and storage. | Daydream Education | <https://www.daydreameducation.co.uk/> |
|  | Poster | This poster shows what you need to know about fire safety. | Daydream Education | <http://www.daydreameducation.co.uk> |
|  | Student Workbook | This workbook consists of worksheets on healthy food, benefits of healthy eating, characteristics of food and food safety (sample). Scroll down to Level 1 Food Choice and Health | Educoot | [http://www.educoot.org.](http://www.educoot.org/) Email:info@educoot.org  Ph: =535-49-9527986  Scroll down to Level 1 Food Choice and Health |
|  | Resource | This is a certified food safety programme. The aim is to help learners develop important food safety skills. Download the resource on the Safefood website. | Safe Food for Life | <http://www.safefood.eu/Education/Post-primary-(NI)/safefood-for-life.aspx> |
|  | Activity | This activity is about kitchen safety. | Great Grub Club | <http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/Profs%20puzzles%203.pdf> |
|  | Information Sheet | The ‘Stay Safe in the Kitchen’ is an easy read information sheet about safety in the kitchen. | Woman’s and Children’s Health Network. KidsHealth. Child and Youth Health | <http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=288&id=1685> |
|  | Article | This article provides information about kitchen safety. | Kids Heath  From Nemours. | [https://kidshealth.org/en/kids/safe-in-kitchen.html?WT.ac=ctg#catfood](https://kidshealth.org/en/kids/safe-in-kitchen.html?WT.ac=ctg%23catfood) |
|  | Poster | This is a ‘Food Safety’ poster. | Food - A Fact for life | <http://www.foodafactoflife.org.uk/attachments/ca47c73a-e5fd-4f101217e909.pdf> |
|  | Cards | These are simple cards with colourful images that are a useful resource to learn about food safety. | Food - A Fact for life | <http://www.foodafactoflife.org.uk/attachments/b2cdfa46-8d38-4c8e695062b1.pdf> |
|  | Food Safety Cards | The packs of cards come in a variety of colours and each pack contains 24 cards with statements on both sides. | Food Safety Authority of Ireland | <https://www.fsai.ie/food_businesses/training/training_cards.html> |
|  | Video | This video is about health and safety. It is an introduction to basic food hygiene. | YouTube:  Food and Beverage Trainer | [www.youtube.com/watch?v=pLJ703rOTq4](http://www.youtube.com/watch?v=pLJ703rOTq4) |
|  | Video | This advert uses the concept of ultra-violet light to reveal the unseen world of germs and how easily they can be spread around the kitchen. | Safefood TV | <https://www.youtube.com/watch?v=G759a-UNOTE> |
|  | Video | This video shows how chopping boards can harbour bacteria, especially in the cracks caused by knives. It also shows the learner how to clean them safely. | Safefood TV | <https://www.youtube.com/watch?v=l_aycxMeIZI&feature=youtu.be&list=PLh7gvGGhPbb0d2OY6oT7kBiiYn__u3leI> |
|  | Online game | This is a level 1 online game about health and safety. | Sensory World | <http://www.sensoryworld.org/kitchen_safety.html> |
|  | Slides | This presentation focuses on safeguarding food in the kitchen. | Just FACS.com | <http://justfacs.com/lesson-ideas/foods/> |
|  | Worksheet | This is a simple food safety matching exercise. | Nourish Interactive | <http://www.nourishinteractive.com/nutrition-education-printables/799-food-safety-matching-words-picture-children-activity> |
| Other | Food Guide | This is a useful guide for tutors. It describes the types and amounts of food people need for healthy eating. It promotes healthy eating and active living for adults, teenagers and children over 5. Download from this website. | Lenus  The Irish Health Repository | <http://www.lenus.ie/hse/handle/10147/231551> |
|  | Digital Ebook | This book is about food and nutrition. Click on the last page of the slide to download This is a useful resource for tutors. | Author: Anita Tull  Published by: Oxford University | <https://www.slideshare.net/rirticaknu/digital-book-food-and-nutrition-school-edition-anita-tull-premium-book?qid=178f9df6-3980-4f64-bf78-906de9472cd4&v=&b=&from_search=1> |
|  | Book | This book called ‘Good Enough to Eat’ is a practical hands - on tool about nutrition and healthy diets. Click on the last page of the slide to download. | Slideshare  Author: Lizzy Rockwell  Published by: Harper Collins | <https://www.slideshare.net/dore9876/buy-books-good-enough-to-eat-a-kids-guide-to-food-and-nutrition-free-by-lizzy-rockwell?qid=178f9df6-3980-4f64-bf78-906de9472cd4&v=&b=&from_search=20> |
|  | Active Learning Board | This is a useful tool for learners to use in the classroom to brainstorm, for group work, for paired work, for key points, drawing/sketching, recall and rough work. It is also used as a reflective tool. | Printplus/Jet Print | <http://www.prinitplus.ie> |

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| --- | --- | --- | --- | --- |
| **Theme/Topic:**  **Health Related Exercise** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| Forms of Exercise | Article | This article shows the learner enjoyable ways to get fit | Spun Out. Have Fun, Get Fit. | <https://spunout.ie/health/article/have-fun-get-fit> |
|  | Article | This article shows activities for people who don’t like sport. Activities include: Trampolining, Climbing, Pole Fitness, Hula Hooping, Horse Riding and Orienteering. | Spun Out | <https://spunout.ie/health/category/exercise> |
|  | Video | These videos show exercises to get young people moving for 10 minutes. It also includes fitness tips. | Operation Transformation | <https://www.rte.ie/lifestyle/living/2017/0201/849300-operation-transformation-karl-henry-s-10-at-10-on-february-10th/> |
|  | Videos | These videos show 3 ways a chair can help you get fit, tennis ball fitness hacks and ways to use a yoga mat. | Fit Sandford Web MD | <https://fit.webmd.com/kids/move/videos/default.htm> |
|  | Video | This video shows the learner how to stay active. | Fit Sandford Web MD | <https://fit.webmd.com/kids/move/videos/how-do-you-stay-active> |
|  | Video | This video shows you a ‘Fit- Stand Up Challenge’. | Fit Sandford Web MD | <https://fit.webmd.com/kids/move/videos/kids-stand-up-challenge> |
|  | Video | This video shows how being active can improve a learner’s mood. | Fit Sandford Web MD | <https://fit.webmd.com/kids/mood/videos/play-mood-away> |
|  | Activity | This is a useful resource used to teach learners how to play games. It includes games and activity information. It helps learners develop an understanding of the skills and strategies associated with playing a wide range of physical activities and sports. | Playsport | <http://www.playsport.net/activity?field_grade=any&tgfu_category=any&glossary_category=any> |
|  | Worksheet | This worksheet shows images of the different forms of exercise. | ISL Collective | <https://en.islcollective.com/resources/printables/worksheets_doc_docx/sports/sports-elementary-a1/18815> |
|  | Worksheet | These easy worksheets let learners decide if you play, go or do an activity. | ISL Collective | <https://en.islcollective.com/resources/printables/worksheets_doc_docx/sport__activities/sports-verbs-sports/12846> |
|  | Worksheet | This worksheet is a sports matching activity. | ISL Collective | <https://en.islcollective.com/resources/printables/worksheets_doc_docx/vocabulary_matching_worksheet_-_sports/sports-vocabulary-matching/3808> |
|  | Worksheet | This worksheet is a sports matching and writing activity. | ISL Collective | <https://en.islcollective.com/resources/printables/worksheets_doc_docx/sports/sports-elementary-a1/12583> |
|  | Worksheet | This is a multiple-choice worksheet that looks at the different forms of exercise. | ISL Collective | <https://en.islcollective.com/resources/printables/worksheets_doc_docx/sports__activities__multiple_choice_/sports-preintermediate-a2/54837> |
|  | Video | This video called ‘Trolls: Can’t Stop the Feeling’ shows the learner how to dance along to the trolls. It’s a great way to warm up and start the day. | YouTube  Go Noodle. Get Moving | <https://www.youtube.com/watch?v=KhfkYzUwYFk> |
|  | Worksheet | This fun worksheet provides images of being active and not being active. Learners decide if they are active or not active. | Nourish  Interactive | <http://www.nourishinteractive.com/nutrition-education-printables/126-kids-active-heart-healthy-printable-physical-activity-exercise-fun-worksheet> |
|  | Interactive Video | This video looks at the different forms of exercise. There is an interactive mode available to answer the questions. | ISL Collective | <https://en.islcollective.com/video-lessons/sports-vocabulary> |
|  | Website | This website provides a variety of articles about sports and hobbies. | Wisegeek.org | <http://www.wisegeek.org/sports.htm> |
|  | Poster | This is a poster providing free time activities and sports. It includes sports, outdoor activities, sport games and playing musical instruments. It can be used as flash cards or a printout for learning new vocabulary. | Alechka15  (Busy Teacher) | <https://busyteacher.org/19165-free-time-activities-and-sports.html> |
|  | Worksheet | This worksheet is a good introduction to the forms of exercise. Learners must choose the right sport and label the picture. Good introduction to the topic of sports. | Abclaudia  (Busy Teacher) | <https://busyteacher.org/19053-sports.html> |
|  | Dictionary | This is a sports picture dictionary which can also be used as a poster to teach the forms of exercise. | Vanda51  (Busy Teacher) | <https://busyteacher.org/15848-sports-picture-dictionary.html> |
|  | Article | This article is about getting active. There are good visual illustrations of sports included. | Irish Times | <https://www.irishtimes.com/life-and-style/health-family/get-active-do-you-want-to-get-fit-here-s-all-you-need-1.3155164> |
|  | Video | This video shows exercises for different parts of the body. It includes jumping, stretching, aerobics and a funny game for learners. | Get Ireland Active | <http://www.getirelandactive.ie/Children/Resources/Audio-Video/> |
| Dress for Exercise | Worksheet | This worksheet asks the learner to choose the outfit for exercise and name the clothing. | Education.com | <https://www.education.com/worksheet/article/sports-boy-paper-doll/> |
|  | Information Sheet | This information sheet provides information on wearing the right clothing for exercise. | Women’s and Children’s Health Network. Kids Health | [http://cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=288&id=1703#3](http://cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=288&id=1703" \l "3) |
|  | Worksheet | This worksheet provides images of sports equipment. | ISL Collective | <https://en.islcollective.com/resources/printables/worksheets_doc_docx/sports_equipment/sports-preintermediate-a2/19806> |
|  | Worksheet | This worksheet asks the learner to match the names of the sports gear to the equipment. | ISL Collective | <https://en.islcollective.com/resources/printables/worksheets_doc_docx/sports_gear/sports-preintermediate-a2/68187> |
|  | Worksheet | This worksheet can be used to practise vocabulary related to sports equipment. | Moliveria  (Busy Teacher) | <https://busyteacher.org/21917-sports-equipment.html> |
|  | Activity | This drag and drop activity teaches you the names of gear and equipment for soccer. For interactive PDF, you must have Adobe Reader Version 9 or later. | Alamrani  (Busy Teacher) | <https://busyteacher.org/20265-soccer-equipment-and-gear-drag-and-drop-activity.html> |
| Safety Practices | Poster | This poster is in bright and colourful format and uses real life images of safety in sport. | Daydream Education | <https://www.daydreameducation.co.uk/catalogsearch/result/index/?p=2&q=sport> |
|  | Poster | This poster provides safety practices before exercising. They remind learners to be safe while exercising | Wellness Proposals | <http://wellnessproposals.com/wellness-library/fitness/posters/sports-and-injury-prevention-posters/> |
|  | Song | The ‘Stretching Song Download’ is a fitness song that teaches learners about stretching and how to stretch. | Have Fun Teaching | <https://www.havefunteaching.com/resource/downloads/stretching-song/> |
|  | Information Sheet | This information sheet provides exercise safety tips. It looks at how to get muscles going, warming up and cooling down. | Women’s and Children’s Health Network. Kids Health | [http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=285&id=1455#1](http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=285&id=1455" \l "1) |
|  | Information Sheet | This information sheet provides great tips for stretching. | Better Health Channel | <https://www.betterhealth.vic.gov.au/health/ten-tips/10-tips-for-safe-stretching> |
|  | Article | This article provides information about ways to prevent sports injuries. | Kids Health  From Nemours | [https://kidshealth.org/en/kids/sport-safety.html?WT.ac=ctg#catfit](https://kidshealth.org/en/kids/sport-safety.html?WT.ac=ctg%23catfit) |
|  | Booklet | This booklet provides information about simple warm up and cool down exercises which includes illustrations. | Irish Heart Foundation | <https://irishheart.ie/publications/be-active/> |
| Benefits of Exercise | The Health Game | This unique educational question and answer card game promotes the benefits of healthy living in a simple, interactive and fun way. | Creative Learning Tools Ltd | <http://salubriathehealthgame.com> |
|  | Factsheet | This factsheet provides information about health and exercise. | Microbe Magic | <http://microbemagic.ucc.ie/more_info/health_more_info.html> |
|  | Information Sheet | This basic information sheet provides information about the benefits of being physically active. | Eatright. EU | <http://www.eatright.eu/wp-content/uploads/2014/01/be-active-to-be-healthy-information-sheet-roi.pdf> |
|  | Booklet | The ‘Eat Smart Move More’ information booklet is a guide for healthy eating and getting children active. | Health Service Executive | [http://www.getireland active.ie](http://www.getireland/) |
|  | Information Sheet | This information sheet explains what physical activity is and why it is important. | United States Department of Agriculture (USDA). | <http://www.choosemyplate.gov/physical-activity-what-is> |
|  | Fact sheet | This factsheet outlines the benefits of exercise for children. | Get Ireland Active | <http://www.getirelandactive.ie/Children/> |
|  | Video | HANDS UP for Health and Physical Literacy is a three part illustrated video series that will teach learners about the importance of physical and health literacy in a fun and engaging way. | YouTube  OpheaCanada | <https://www.youtube.com/watch?v=_okRtLv-7Sk> |
|  | Video | This video provides factual reasons and tips to get moving. | YouTube  Rehealtify | <https://www.youtube.com/watch?v=Ejbdzt2586A> |
|  | Fact sheet | The ‘Physical Activity for Children’ factsheet provides information about the recommended guidelines for physical activity, the benefits of physical activity and useful tips. | Get Ireland Active | <http://www.getirelandactive.ie/Children/Resources/Fact-Sheets/Guidelines-Childrens-Activity.pdf> |
|  | Article | This article is about the benefits of exercise. | Reach Out | <https://ie.reachout.com/getting-help-2/minding-your-mental-health/benefits-of-exercise/> |
|  | Website | This website looks at lots of good reasons to get active. | National Health Service  (Change 4 Life) | [https://www.nhs.uk/change4life/activities#CQfoqHAtOu6V2V25.97](https://www.nhs.uk/change4life/activities" \l "CQfoqHAtOu6V2V25.97) |
|  | Booklet | This booklet called ‘Get kids on the Go’ is about keeping kids fit the easy way with an hour’s activity every day. | Irish Heart Foundation | <http://www.getirelandactive.ie/Children/Resources/Brochures/Get%20Kids%20on%20the%20Go.pdf> |
|  | Article | This article shows the benefits of exercise and ways to get active. | Moodcafe-Promoting Mental Health form Fife | <http://moodcafe.co.uk/wellbeing-and-lifestyle/exercise.aspx> |
|  | Handouts | There is a selection of youth fitness handouts on this website that can be used to promote health. | Wellness Proposals | <http://wellnessproposals.com/wellness-library/fitness/handouts/youth-fitness-handouts/> |
|  | Book | This book provides information about the benefits of exercise and fitness. | Prim- Ed. Lifestyle Choices. Published by RIC Publications. | <https://www.prim-ed.com/webshop/root/SPHE/Lifestyle-Choices> |
|  | Worksheet | These worksheets show how exercise helps you to keep healthy in mind and body. Each worksheet contains a reading text for information, a comprehension exercise and a word puzzle with answers provided. It also looks at the benefits of exercise. | National Adult Literacy Agency(NALA) | <https://www.nala.ie/resources/health-literacy-exercises-students> |
|  | Video | This video is for educators. It highlights the launch of ‘Get Ireland Active- The National Physical Activity Plan for Ireland’. | Healthy Ireland | <http://www.healthyireland.ie/health-initiatives/national-physical-activity-plan-2/> |
|  | Slides | These slides are about exercise- energy, strength, flexibility and balance. | Sheppard Software. Nutrition4kids | <http://www.sheppardsoftware.com/nutritionforkids/exercise.htm> |
|  | Activity | This activity is called’ On the Move’. It looks at the advantages and disadvantages of each type of transport to school. | Green Schools Ireland | <https://greenschoolsireland.org/wp-content/uploads/2016/09/One-the-Move.pdf> |
|  | Information Sheet & Game | This is an easy read exercise information sheet and the game gives information on the benefits of exercise. | Women’s and Children’s Health Network. Kids Health. Child and Youth Health | [http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=290&id=1476#](http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=290&id=1476) |
|  | Factsheet | This factsheet provides information about the benefits of regular physical activity. | Healthy Kids. Eat Well, Be Active. | <https://www.healthykids.nsw.gov.au/downloads/file/campaignsprograms/142203_HealthyKidsFactSheet_GetActive_CON2.pdf> |
|  | Information Sheet | This information sheet lists the benefits of exercise for children. | Better Health Channel | <https://www.betterhealth.vic.gov.au/health/healthyliving/children-keeping-them-active> |
|  | Article | This article discusses how to become a fit kid. | Kids Health  From Nemours | [https://kidshealth.org/en/kids/fit-kid.html?WT.ac=ctg#catfit](https://kidshealth.org/en/kids/fit-kid.html?WT.ac=ctg%23catfit) |
|  | Article | This article called ‘Sports: A Pathway to a Healthier Lifestyle’, provides information about the benefits of exercise. It also provides sports facts about the different forms of exercise. | Turtle Diary | <https://www.turtlediary.com/sports.html> |
|  | Factsheet | This factsheet provides information about physical activity and recommended guidelines for 5 – 18-year-old learners. | National Health Service  U.K | <https://www.nhs.uk/Livewell/fitness/Documents/children-and-young-people-5-18-years.pdf> |
| Participation | Booklet | This information booklet shows level 1 simple exercises. It will take you from being inactive to active in no time and it provides a level 1 sample activity plan. | Get Ireland Active | <http://www.getirelandactive.ie/Adults/Resources/Brochures/Exercise%20.pdf> |
|  | Online Resource | This resource gives information about local amenities, outdoor activities and indoor venues. | Get Ireland Active | <http://www.getirelandactive.ie/Children/Where-to-get-active/> |
|  | Activity Journal | This 8-week activity journal will help the learners to get active and stay active. It encourages learners to take part in some form of physical activity that they enjoy. | Health Service Executive | <http://www.getirelandactive.ie/Children/Resources/Tools/Activity%20Journal%20Children.pdf> |
|  | Information Sheet | This information sheet is about physical activity at home, at work and at play. | Choose My Plate | <https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/DGTipsheet40PhysicalActivity.pdf> |
|  | Activities | These are 10 minute shake up activities to get learners moving. | Change for life with Disney  NHS | [https://www.nhs.uk/10-minute-shake-up/shake-ups#IpRHVCfIFj1YASYV.97](https://www.nhs.uk/10-minute-shake-up/shake-ups%23IpRHVCfIFj1YASYV.97) |
|  | Book | The emphasis of the book is placed on incorporating fitness into the daily school routine. | Prim- Ed. Don’t Sit! Get Fit. Author: Phil Pearce. Published by RIC Publications. | <https://www.prim-ed.com/webshop/root/SPHE/Dont-Sit-Get-Fit> |
|  | Video | This video shows exercises for different parts of the body – jumping, stretching, aerobics and funny games. | YouTube  Kids Educational Games | <https://www.youtube.com/watch?v=Z5VMThf0sM4> |
|  | Workbook | This is a health and fitness reading comprehension workbook. It includes 20 reading comprehension stories that showcase healthy living strategies perfect for teaching Health Education. | Have Fun Teaching | <https://www.havefunteaching.com/resource/fifth-grade/health-fitness-reading-comprehension-workbook-download/> |
|  | Website | This website gives tips for making up a dance. | Great Grub Club | <http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/Dance_studio.pdf> |
|  | Game | This game is called ‘Pedals’s Dribbling Football Posts’. | Great Grub Club | <http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/Football-dribbling-posts.pdf> |
|  | Game | This game is called ‘Pedal’s Frisbee Game’. | Great Grub Club | <http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/pedal%20frisbee%20fun.pdf> |
|  | Game | This game is called ‘Hop, Hop, Hopscotch’. | Great Grub Club | <http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/Hop__hop__hopscotch.pdf> |
|  | Game | This game is called ‘Pedal’s Skipping Game’. | Great Grub Club | <http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/skipping_games_1.pdf> |
|  | Games | These are games using balloons. | Great Grub Club | <http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/BalloonGames_1.pdf> |
|  | Worksheet | This is a worksheet about getting active. | Food –A Fact of Life | <http://www.foodafactoflife.org.uk/Sheet.aspx?siteId=20&sectionId=124&contentId=772> |
|  | Article | This article provides information about activities that boost the body and mind. | Author: Jeff Hayward | <https://www.activebeat.com/your-health/children/6-extracurricular-activities-for-kids-that-boost-mind-and-body/5/> |
|  | Online calculator | This calculator is used to test your BMI online before you exercise. | Operation Transformation | <https://ot.rte.ie/> |
|  | Games | These games are a great way to get exercise and have fun. | Safefood | <http://www.safefood.eu/Start/Your-Tools/Bring-Back-Play.aspx> |
|  | Website | This website provides contact details for a range of sporting organisations. | Health Promotion.ie | <https://www.healthpromotion.ie/health/inner/sports-links> |
|  | Article | This article provides information about ways to be physically active and have fun. | Kids Health  From Nemours | [https://kidshealth.org/en/kids/what-time.html?WT.ac=ctg#catfit](https://kidshealth.org/en/kids/what-time.html?WT.ac=ctg" \l "catfit) |
|  | Activity Journal | This journal gives a guide and explanation about fun games and activities to get learners moving. There are also tips provided to stay healthy. The teacher’s guide is available on the website. | Super Troopers with Laya Healthcare | <https://supertroopers.ie/> |
| Other | Active Learning Board | This is a useful tool for learners to use in the classroom to brainstorm, for group work, for paired work, for key points, drawing/sketching, recall and rough work. It is also used as a reflection tool. | Printplus/Jet Print | <http://www.prinitplus.ie> |
|  | Web Resource | This resource is called’ Eat Well & Keep Moving’. It includes updated nutrition and activity guidelines. | |  | | --- | | Authors: By [Lilian W.Y. Cheung](http://www.humankinetics.com/search#&sSearchWord=Lilian%20W.Y.%20Cheung), [Hank Dart](http://www.humankinetics.com/search#&sSearchWord=Hank%20Dart), [Sari Kalin](http://www.humankinetics.com/search#&sSearchWord=Sari%20Kalin), [Brett Otis](http://www.humankinetics.com/search#&sSearchWord=Brett%20Otis), [Steven Gortmaker](http://www.humankinetics.com/search#&sSearchWord=Steven%20Gortmaker) | |  | | <http://www.humankinetics.com/products/all-products/Eat-Well--Keep-Moving-3rd-Edition-With-Web-Resource?isbn=9781492503972> |
|  | Resource | This is a resource for those working with young people in youth work settings. Chapter 4 is about physical activity. It includes the benefits, recommendations and suggested activities. | Irish Heart Foundation & National Youth Council | <http://www.corksports.ie/contentfiles/File/HEAL_NYCI_IHF_2010_2.pdf?uid=1274182216695> |
|  | Presentation | This is a useful presentation for tutors to get an understanding of physical fitness. | Slidshare  Victor Pilates | <https://www.slideshare.net/victorpilates/physical-fitness-8388354?next_slideshow=1> |
|  | Apps | These are’ Free Health and Fitness’ apps for learners. | DIY Active | <https://diyactive.com/5-free-health-fitness-kids/> |
|  | EBook | This book called ‘My Amazing Body’ is about health and fitness. Click on the last page of the slide to download. | Slideshare  Author: Pat Thomas PMI  Published by: Barron’s Educational Series | <https://www.slideshare.net/baxafeji/epub-download-my-amazing-body-a-first-look-at-health-and-fitness-first-look-at-books-paperback-ebook?qid=184b364c-719e-4a84-bb0d-9d3caa4e9e02&v=&b=&from_search=23> |

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| **Theme/Topic:**  **Personal Care** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| Personal Care Practices | Video | This video shows learners how to create a personal care plan. It includes products, demonstrations and the benefits of personal care. Type Personal Care into the search box. | NCCA (Ctrl+Click to follow links) | <https://www.curriculumonline.ie/getmedia/9b3685f1-0724-4f68-97ea-551acbb47ef2/Video-7_Personal_Care_2.pdf> |
|  | Game | These games teach learners about good personal hygiene practices. | Author: Kay Ireland | <https://www.livestrong.com/article/104096-games-teach-kids-personal-hygiene/> |
|  | Factsheet | This factsheet provides information to learners about bacteria, infections, body odour, hair care, teeth care, handwashing, washing clothes and food safety. | Microbe Magic | <http://microbemagic.ucc.ie/more_info/health_more_info.html> |
|  | Slideshow | This powerpoint presentation shows simple daily routine practices. Click on daily routines to get access to the powerpoint. It can also be used for flashcards. | MES- English | <http://www.mes-english.com/flashcards/dailyroutines.php> |
|  | Worksheet | This worksheet asks learners to tick how often they do daily routine practices. | English Worksheets Land | <https://www.englishworksheetsland.com/topics/1/perhygiene/4howoften.pdf> |
|  | Information Sheet | This information sheet provides information on personal hygiene. Topics include smelling clean, clothes, shoes, feet, using smell nice products, hair and teeth care. There is a gap fill game at the end. Click in the link to access it. | Woman’s and Children’s Health Network. KidsHealth. Child and Youth Health | [http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=289&id=2146#1](http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=289&id=2146%231) |
|  | Information Sheet | This information sheet teaches learners how to have a healthy hygiene routine. The hygiene practices include hair care, bath care, skincare, oral hygiene, unarm care, handwashing and nails. | Healthline | <https://www.healthline.com/health/hygiene-habits-kids> |
|  | Worksheet | This is a ‘Personal Hygiene’ chart for learners to use. Tutor to login to website to access resources. | Teachers Pay Teachers | <https://www.teacherspayteachers.com/Product/Personal-Hygiene-Chart-532273> |
|  | Factsheet | This factsheet provides information about ways to have a healthy lifestyle. There are pictures. Press on each icon. This is relevant to personal care. | Healthy Kids. Eat Well, Get Active | <https://www.healthykids.nsw.gov.au/downloads/file/campaignsprograms/142203_HealthyKidsFactSheet_GetActive_CON2.pdf> |
|  | Resource | This resource ‘Don’t Sweat It’ is a head to toe guide to personal care and hygiene. Some of the contents could be customised to a level 1 learner. Useful resource for a tutor. | Health Service Executive | <https://www.hse.ie/eng/health/hl/youth/dontsweatit.pdf> |
|  | Checklist | This is a visual personal hygiene checklist for learners to use when working with food. | New South Wales Food Authority | <http://www.mypersonalhygiene.com/wp-content/uploads/2013/10/personal-hygiene-checklist-food.jpg> |
|  | Worksheet | This worksheet helps learners to create a personal care plan. | Personal Hygiene | <http://www.mypersonalhygiene.com/wp-content/uploads/2014/01/personal-hygiene-worksheet-1.jpg> |
|  | Online presentation | This online presentation looks at personal hygiene for learners. Good images provide which are suitable for level 1. | Keshav Mohta | <https://www.slideshare.net/mohtarulz/personal-hygiene-for-kids> |
|  | Website | This website looks at beauty and personal care. Useful resource for the tutor to get information about personal care. Some of the information is not suitable for a level 1 learner. | Wisegeek.org | <http://www.wisegeek.org/beauty.htm> |
|  | Flashcards | These flashcards show images of personal care practices. Tutor to website login to get access to website. | Quizlet | <https://quizlet.com/275601369/personal-care-flash-cards/> |
|  | Exercise | This is a matching exercise about personal hygiene. Tutor to login to website to access resources. | Quizlet | <https://quizlet.com/275601369/match> |
|  | Worksheet | This matching exercise is about basic personal hygiene. Tutor to login to website to get access resources. | ESL Printables | <http://www.eslprintables.com/vocabulary_worksheets/health/personal_hygiene/Personal_Hygiene_249005/> |
|  | Article | This article is about taking care of the body. Topics include rest and sleep, food, diet and nutrition, exercise and doing the right thing. | SkillsYouNeed.com | <https://www.skillsyouneed.com/ps/healthy-body.html> |
| Bathing/  Showering | Worksheet | This personal hygiene worksheet is a matching exercise about cleaning the body. Tutor to login to website to get access to the resource. | ESL Printables | <http://www.eslprintables.com/vocabulary_worksheets/health/personal_hygiene/personal_hygiene_424486/> |
|  | Flashcards | These colourful flashcards provide images of equipment and products used in the bathroom. | MES-English.com | <http://www.mes-english.com/flashcards/files/bathroom_flash.pdf> |
|  | Slideshow | This colourful powerpoint presentation provides images of equipment and products used in the bathroom. Click into presentation to access. | MES-English.com | <http://www.mes-english.com/flashcards/bathroom.php> |
|  | Hand-out | This hand out shows colourful images of equipment and products used in the bathroom. | MES-English.com | <http://www.mes-english.com/flashcards/files/bathroom.pdf> |
|  | Video & Song | This video is in cartoon and song format. It demonstrates what body parts are cleaned in the bath. | Busy Beavers | <https://www.youtube.com/watch?v=yHYvcFfpsO0> |
|  | Online game | This game is about hygiene and germs in the bathroom. | Sensory World | <http://www.sensoryworld.org/bathroom_hygiene.html> |
|  | Video | This video gives a demonstration about how to wash your hair. | The Kids Picture Show | <https://www.youtube.com/watch?v=iqEWFmLuLTg> |
|  | Video | This video is useful resource on personal care and hygiene routines. | YouTube  Dr Panda | <https://www.youtube.com/watch?v=bZknp9rjQ0U> |
| Handwashing | Leaflet | This healthy hands leaflet includes a simple song and provides hints to show you how to have healthy hands. The song can be downloaded. Click on the hands hygiene section. There is also a teacher’s section with links to resources provided. | Carex | <https://www.carex.co.uk/hand-hygiene> |
|  | Game | The ‘Helping Hands Board Game’ (PDF) called ‘Ready, Steady, Handwash’, teaches learners to understand the importance of handwashing. Click on the hands hygiene section. | Carex | <https://www.carex.co.uk/ready-steady-handwash> |
|  | Game | This is a fun way to teach learners how to wash hands using glitter. | Author: Shelly Frost | <https://www.livestrong.com/article/156605-fun-ways-to-teach-children-about-washing-hands/> |
|  | Video | This video demonstrates to learners the importance of handwashing. | Safefood | <http://www.safefood.eu/Food-Safety/Rufus-The-Messy-Monster.aspx> |
|  | Video | This animated video demonstrates the twelve steps to handwashing. | Focused Film Ltd | <https://www.youtube.com/watch?v=oGQpJafaWj0> |
|  | Activity | This is a personal hygiene activity sheet about handwashing. | English Worksheets Land | <https://www.englishworksheetsland.com/topics/1/perhygiene/1goodhabit.pdf> |
|  | Chart | This handwashing chart can be used as part of a daily personal routine. | Safefood.eu | <http://www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Food%20Safety/Safefood_AdventurePack_HandwashingChartAW_28082017.pdf> |
|  | Factsheet | This factsheet shows learners how to wash their hands. | Safefood.eu | <http://www.safefood.eu/Food-Safety/Rufus-The-Messy-Monster.aspx> |
| Skincare | Article | This article provides information about taking care of your skin. | Kids Health from Nemours | [https://kidshealth.org/en/kids/skin-care.html?WT.ac=ctg#catbody](https://kidshealth.org/en/kids/skin-care.html?WT.ac=ctg%23catbody) |
|  | Article | This article provides information about kids and skincare. | Author: Teeneke Barresi | <https://library.essentialwholesale.com/kids-skincare/> |
| Ear Care | Information Sheet | This information sheet provides information about how to look after your ears. | Woman’s and Children’s Health Network. KidsHealth. Child and Youth Health | <http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=152&id=1430> |
|  | Article | This article provides information about looking after your ears. | Kids Health from Nemours | [https://kidshealth.org/en/kids/ear-care.html?WT.ac=ctg#catbody](https://kidshealth.org/en/kids/ear-care.html?WT.ac=ctg%23catbody) |
| Dental Care | Article/  Factsheet | This is an article called ‘Taking Care of Teeth’. You can listen to this article. It explains why healthy teeth are important and how learners can keep their teeth healthy. | Kids Health from Nemours | <http://kidshealth.org/en/kids/teeth-care.html?ref=search&WT.ac=msh-p-dtop-en-search-clk> |
|  | Article | This article provides information about taking care of your teeth. | Kids Health from Nemours | [https://kidshealth.org/en/kids/teeth-care.html?WT.ac=ctg#catbody](https://kidshealth.org/en/kids/teeth-care.html?WT.ac=ctg%23catbody) |
|  | Worksheets | These activities include a dental hygiene sort, a worksheet, a maze, a smile search and a test. On completion, the learner can get a smiley certificate. | Have Fun Teaching | <http://files.havefunteaching.com/activities/science/dental-hygeine-activity.pdf> |
|  | Video | This video demonstrates how to brush your teeth properly. Some topics include plaque, cavities and how to brush your teeth. The video tells you how much fluoride toothpaste to put on your toothbrush and the best methods to use when brushing your teeth. There are also instructions on how to floss your teeth. | My Kid’s Dentistonline.com | <https://www.youtube.com/watch?v=> |
|  | Game | This game gets you to brush the teeth of the Cosmic Monsters. You use your ‘Mouse’ to play the game. | Dentist Games | <http://mydentistgames.com/r-5> |
|  | Information Sheet | This information sheet provides useful tips for the teeth. Topics include: eat well, drink well and clean well. | Dental Health Service Victoria | <https://www.dhsv.org.au/__data/assets/pdf_file/0010/2503/eat-well-drink-well-clean-well-tip-cards.pdf> |
|  | Factsheet | This factsheet provides information about how to keep decay away. | Dental Health Service Victoria | <https://www.dhsv.org.au/__data/assets/pdf_file/0018/42075/DHSV_BrushTwiceADay_DL_1_for_web.pdf> |
|  | Factsheet | This factsheet gives simple steps for kid’s smiles. | Wellness Proposals | <http://wellnessproposals.com/dental-wellness/handouts/brush-up-on-healthy-teeth-tips.pdf> |
|  | Information Sheet | This is an easy read information sheet about teeth care. | Woman’s and Children’s Health Network. KidsHealth. Child and Youth Health | <http://cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=290&id=1512> |
|  | Resource | The ‘Mighty Mouth’ programme is a useful tool to provide information about dental care. There is a teacher’s guide, lesson plans and resources included in the programme. | Irish Health.com | <http://www.irishhealth.com/clin/documents/mighty_mouth.pdf> |
|  | Worksheet | This worksheet is about keeping your teeth healthy. | Personal Hygiene | <http://www.mypersonalhygiene.com/wp-content/uploads/2014/01/personal-hygiene-worksheet-3-keeping-your-teeth-healthy.jpg> |
|  | Quiz | This is a dental health quiz. | Personal Hygiene | <http://www.mypersonalhygiene.com/wp-content/uploads/2014/01/personal-hygiene-worksheet-4-dental-health-quiz.jpg> |
|  | Exercise | This is a matching exercise about dental care. Tutor to login to gain access to resource. | Quizlet | <https://quizlet.com/210486368/match> |
|  | Poster | This full-colour poster teaches the learner how to take care of their teeth in the proper way. | Busy Teacher | <https://busyteacher.org/4164-human-body-keeping-terrific-teeth.html> |
|  | Worksheet | This is a simple story and worksheet about healthy teeth. | Resources.marshalladulteducation.org | <http://resources.marshalladulteducation.org/rs/hc/l15hc/Healthy_Teeth_Level_1.5.pdf> |
| Body Odour | Worksheet | This worksheet examines what causes body odour and what to do to prevent it. | English Worksheets Land | <https://www.englishworksheetsland.com/topics/1/perhygiene/5stinker.pdf> |
|  | Article | This article looks at ways to detect it, prevent it, and even treat bad breath. | Kids Health from Nemours | [https://kidshealth.org/en/kids/bad-breath.html?WT.ac=ctg#catbody](https://kidshealth.org/en/kids/bad-breath.html?WT.ac=ctg" \l "catbody) |
|  | Video | This animated video provides information about what causes body odour. | YouTube. Smart Learning for All | <https://www.youtube.com/watch?v=OkEfSng8MxE> |
|  | Video | This animated video provides information about how antiperspirants work. You can download the free Android App of "Smart Learning for All" @ [https://goo.gl/ZvPxzt](https://www.youtube.com/redirect?redir_token=tWcVtndXkYciRcF2Cc6OzTQ9j918MTUyMzc5MDQxM0AxNTIzNzA0MDEz&event=video_description&v=xAcNRHV6yn4&q=https%3A%2F%2Fgoo.gl%2FZvPxzt). | You Tube. Smart Learning for All | <https://www.youtube.com/watch?v=xAcNRHV6yn4> |
| Wound Care | Poster | These user-friendly posters give clear step by step instructions for external bleeding, burns and first aid for eyes. They are in full colour format. | Safety First Aid | <http://www.safetyfirstaid.co.uk/first-aid-kits-and-supplies/first-aid-posters-and-awareness/first-aid-posters/> |
|  | Information Sheet | This information sheet provides information about first aid for burns and scalds. | Woman’s and Children’s Health Network. KidsHealth. | <http://cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=307&id=1671> |
| Foot care | Information Sheet | This information sheet provides information about looking after feet. | Woman’s and Children’s Health Network. KidsHealth. Child and Youth Health | <http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=152&id=2340> |
| Nails | Information Sheet | This information sheet provides information about looking after nails. | Woman’s and Children’s Health Network. KidsHealth. Child and Youth Health | <http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=152&id=2486> |
|  | Article | This is a good article about nails. It includes how to keep nails looking their best and what is normal and what is not. | Mayo Clinic | <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/nails/art-20044954> |
| Keeping the environment clean | Online presentation | This presentation looks at how to look after the environment. Simple slides with pictures. | Jesuites\_Poble\_ Sec  Published in: Business, Entertainment, Humour | <https://www.slideshare.net/Jesuites_Poble_Sec/taking-care-11834825?qid=79d3e4f8-5a4c-4ccd-bfd4-4e7996cf0a6e&v=&b=&from_sea> |
|  | Website | This is a website that providing information on how to stop food waste. It is a useful tool to help the learner take care of the environment. | Stop Food Waste | <http://stopfoodwaste.ie/> |
| Healthy eating | Information Sheet | This easy read information sheet provides information about healthy eating. | Woman’s and Children’s Health Network. KidsHealth. Child and Youth Health | <http://cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=290&id=1551> |
|  | Interactive resource | The aim of ‘Taste Buds’ is to help learners enjoy learning about the origins and the production of food and the importance of eating a balanced diet. Each lesson is accessed by clicking on the image. | Safefood | <https://safefood.eu/tastebuds.aspx> |
|  | Food Cards | This is a useful resource to help identify common foods associated with healthy eating. | Food-A Fact of Life | <http://www.foodafactoflife.org.uk/attachments/4ded4e0a-93a9-43b242565f07.pdf> |
|  | Website | This is a simple food pyramid. | Health Service Executive | <http://www.fooddudes.ie/Food_Pyramid.pdf> |
|  | App | This app called ‘Max’s Plate’ teaches learners to eat according to food groups from MyPlate. Other apps are available to use a technology enhanced learning approach. | Children’s Heart Centre Nevada  Healthy Hearts Programme | <http://healthyheartsnv.com/fun-apps-to-teach-kids-about-nutrition/> |
| Food hygiene | Poster | This poster can be downloaded and displayed about handwashing. | Safefood.eu | <http://www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Food%20Safety/safefood_foodsafety0-4_WashroomPosterParents_28082017_nobleed.pdf> |
|  | Online game | This is a level 1 hygiene game. | Sensory World | <http://www.sensoryworld.org/kitchen_hygiene.html> |
|  | Video | This video is about health and safety. It is a basic introduction to food hygiene. | YouTube:  Food and Beverage Trainer | [www.youtube.com/watch?v=pLJ703rOTq4](http://www.youtube.com/watch?v=pLJ703rOTq4) |
| Sleeping | Information Sheet | This easy read information sheet is about rest and sleep. It provides information about why we sleep and how much sleep is required. | Woman’s and Children’s Health Network. KidsHealth. Child and Youth Health | [http://cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=290&id=1493#b](http://cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=290&id=1493%23b) |
|  | Website | This is a useful website to teach learners about sleep. Topics include why we sleep, how sleep works and sleep and you, It also includes puzzles and games. There is a fun and informative booklet. It uses an illustrated story to teach children about sleep. | Sleep For Kids | <http://www.sleepforkids.org/> |
|  | Infographics | These are colourful visual Infographics about the importance of sleep. | Sleep Education for School by the American Academy of Medicine | <http://school.sleepeducation.com/resources/sleep-recharges-you.pdf> |
|  | Article | This website provides articles about the importance of sleep. | Spunout | <https://spunout.ie/health/category/sleep> |
|  | Information Sheet | This information sheets provides tips about the importance of a healthy sleep pattern for children and youth. | Making Sense of Trauma. Practical Tolls for Responding to Children and Youth | <https://makingsenseoftrauma.com/wp-content/uploads/2016/04/Healthy-Sleep-Tips-for-Children-and-Youth.pdf> |
|  | Worksheet | This is a simple story and worksheet about the need for more sleep. | Resources.marshalladulteducation.og | <http://resources.marshalladulteducation.org/rs/hc/l1hc/In_Need_of_More_Sleep_Level_1.0.pdf> |
| Products and tools | Picture Cards | These cards show personal care products. | Do2learn | <http://www.do2learn.com/> |
|  | Worksheet | These are personal hygiene worksheets about products and tools. | ISL Collective | <https://en.islcollective.com/resources/printables/worksheets_doc_docx/personal_hygiene/daily-routines-elementary/18906> |
|  | Flashcards | These flashcards provide images about personal care products. | ISL Collective | <https://en.islcollective.com/resources/printables/worksheets_doc_docx/personal_hygiene/health-elementary-a1/18907> |
|  | Flashcards | These flashcards provide images about personal care tools and products. Tutor to login to website to access resource. | Quizlet | <https://quizlet.com/263649753/flashcards> |
|  | Exercise | This is a matching exercise about hygiene practices. Tutor to login to website to access resource. | Quizlet | <https://quizlet.com/263649753/match> |
|  | Worksheet | This worksheet is a dictionary about personal care products. Tutor to login to website to gain access to the resource. | ESL Printables | [http://www.eslprintables.com/vocabulary\_worksheets/general\_vocabulary/Personal\_Care\_199639/#thetop](http://www.eslprintables.com/vocabulary_worksheets/general_vocabulary/Personal_Care_199639/%23thetop) |
|  | Student Workbook | This workbook provides worksheets about personal care products and tools, personal care routines and a personal care checklist (Sample). | Educoot | [http://www.educoot.org/resources/level1 personal care](http://www.educoot.org/resources/level1) |
|  | Active Learning Board | This is a useful tool for learners to use in the classroom to brainstorm, for group work, for paired work, for key points, drawing/sketching, recall and rough work. It is also used as reflection tool. | Printplus/Jet Print | <http://www.prinitplus.ie> |

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| **Theme/Topic:**  **Personal Safety** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| Personal Safety Symbols & Signs | Website & Poster | The aim of the safety signs posters is to provide engaging and colourful visual aids that help reinforce safety signs and messages. Type safety into the box to gain access to the resource. | Daydream Education | <http://www.daydreameducation.co.uk> |
|  | Website & Poster | This poster is a bright and engaging visual guide on safety and symbols. It includes pictograms, information and instructions. | Daydream Education | <http://www.daydreameducation.co.uk> |
|  | Worksheets | These visual worksheets from module 1 in the ‘Steps to Safety’ workbook provide information and activities on safety signs and colours.(PDF) | Authors: Martin Berridge, Fiona Fay and Pauline Hensey. Published by: NALA & FAS | <https://www.nala.ie/resources/steps-safety-improving-workplace-basic-education-and-health-and-safety-introduction> |
|  | Worksheet | This is a matching fire safety sign activity. It is from Module 4 in the ‘Working Safety’ workbook (p.74).) | National Adult Literacy Agency | <https://www.nala.ie/resources/steps-safety-module-4-working-safely> |
|  | Factsheet | These are colourful and visual safety signs. | ISL Collective | <https://en.islcollective.com/resources/printables/worksheets_doc_docx/safety_signs/elementary-a1-activity/9439> |
|  | Worksheet | This is a matching worksheet about safety equipment. | ISL Collective | <https://en.islcollective.com/resources/printables/worksheets_doc_docx/safety_equipment/jobs-elementary-a1/37662> |
|  | Game | This is a ‘Safety Sign Game Board’. Download the game to play. | ISL Collective | <https://en.islcollective.com/resources/printables/worksheets_doc_docx/safety_signs_gameboard/modals-health-preintermediate/2196> |
|  | Game | This is a fun game where the learner can learn different street signs and practice memorisation. | Education.com | <https://www.education.com/worksheet/article/make-a-match-street-signs/> |
|  | Worksheet | This is a colourful and simple worksheet which helps the learner to identify street signs. | Education.com | <https://www.education.com/download/worksheet/17430/street-signs.pdf> |
|  | Slides | This PowerPoint presentation includes good visual pictures of Personal Protective Equipment (PPE). | Educoot | <https://static1.squarespace.com/static/53e7dd4fe4b0fb1fc62c318a/t/55f9afe1e4b0f520d4e4ff60/1442426849448/PPE.pdf> |
|  | Information sheet | This information sheet provides information about health and safety signs. | Health and Safety Authority | <http://www.hsa.ie/eng/Publications_and_Forms/Publications/Information_Sheets/Signs_Information_Sheet.pdf> |
|  | Poster | This user-friendly text poster shows clear step by step instructions on how to wash your hands. It is in full colour with illustrations. | Safety First Aid | [http://www.safetyfirstaid.co.uk/safety-supplies-and-signs-categories/health-and-safety-awareness/health-and-safety-posters/how-to-wash-your-hands-poster/#.WsnMhS7wbIU](http://www.safetyfirstaid.co.uk/safety-supplies-and-signs-categories/health-and-safety-awareness/health-and-safety-posters/how-to-wash-your-hands-poster/%23.WsnMhS7wbIU) |
|  | Signs | These signs provide full colour illustrations about first aid, fire exits, prohibition, mandatory safety and hazard signs. | Safety First Aid | <http://www.safetyfirstaid.co.uk/safety-supplies-and-signs-categories/safety-signs/first-aid-signs/> |
|  | Website | These are excellent visual printable safety signs. | Do2Learn | <http://www.do2learn.com/picturecards/printcards/2inch/imagegridswords/safetysigns.htm> |
| Personal Safety at Home | Worksheet | These worksheets show the learner how to make sure a home is safe (pg. 21- 23). Each worksheet contains a reading text, a comprehension exercise and a word puzzle. Answers are provided. | NALA | <https://www.nala.ie/resources/health-literacy-exercises-students> |
|  | Worksheet | This worksheet provides information and visual images about safety rules at home. | ISL Collective | <https://en.islcollective.com/resources/printables/worksheets_doc_docx/safety_rules_at_home/home-elementary-a1/6683> |
|  | Worksheet | This worksheet asks the learners to look at cartoon images and discuss the potential dangers at home. | ISL Collective | <https://en.islcollective.com/resources/printables/worksheets_doc_docx/home_safety/home-beginner-prea1/47350> |
|  | Online game | This online game is about safety in the bathroom. | Sensory World | <http://www.sensoryworld.org/bathroom_safety.html> |
|  | Video | This is a video is about safety at home. | YouTube | <https://www.youtube.com/watch?v=KUB-4dTbhM8> |
|  | Video | This video demonstrates to the learner how to make an emergency call. | YouTube | <https://www.youtube.com/watch?v=U0rF9Cj4LJ8> |
|  | Video | This video demonstrates how to make a 999 call and it teaches the learner about the importance of first aid. | YouTube | <https://www.youtube.com/watch?v=qQi2a_ZC1X8> |
|  | Online Presentation | This presentation called ‘What’s Under the Sink’ is a ready to use resource designed to raise awareness of the dangers of household chemicals. | Health and Safety Authority | <https://hsalearning.ie/pluginfile.php/237/mod_page/content/36/Whats%20Under%20the%20Sink%20Presentation.pdf> |
|  | Worksheet | This worksheet is about hygiene practices used at home. | Personal Hygiene | <http://www.mypersonalhygiene.com/wp-content/uploads/2012/06/hygiene-at-home-worksheets-level-1-2.pdf> |
|  | Poster | This poster provides safety tips about electricity. | Safety Poster Shop | <https://www.safetypostershop.com/category/children-safety-posters/> |
|  | Game | This free ‘[Home Safety Game](http://www.homesafetygame.com/)’ is available to download or play on-line. Learners move around a virtual house and try to find dangers and hazards like risks from scalding, burning or electric shocks. | Free For Kids.com | [http://www.homesafetygame.com/homesafetygame.htm#sthash.L60aJmkJ.dpbs](http://www.homesafetygame.com/homesafetygame.htm%23sthash.L60aJmkJ.dpbs) |
|  | Poster | This poster shows handwashing techniques through picture illustrations. | Daydream Education | <http://www.daydreameducation.co.uk> |
|  | Worksheet | This is a simple story and worksheet about safety at home. | Resources.marshalladulteducation.org | <http://resources.marshalladulteducation.org/rs/hc/l07hc/Safe_at_Home_Level_.7.pdf> |
|  | Presentation | This is a good presentation about personal safety at home. | Slideshare  aeinogub | <https://www.slideshare.net/aelnogab/personal-safety-in-the-home?qid=d0fae7f1-d216-4bdd-a5b4-f3de576ad098&v=&b=&from_search=52> |
| Personal Safety in the Community | Worksheet | This worksheet provides information about safety rules and the potential risks in the community. | ISL Collective | <https://en.islcollective.com/resources/printables/worksheets_doc_docx/safety_rules/conditionals-first-conditional/2137> |
|  | Worksheet | The activities in the worksheet are about safety. | ISL Collective | <https://en.islcollective.com/resources/printables/worksheets_doc_docx/you_must_be_careful/musthave-to-health/49816> |
|  | Information Sheet | This information sheet provides information and tips about keeping yourself safe from others. | Woman’s and Children’s Health Network. KidsHealth. Child and Youth Health | <http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=288&id=1685> |
|  | Online module | This online module aims to teach learners about safety at school, both indoors and outdoors. It is ideal for delivery in class via an interactive whiteboard or a computer projector. | Health and Safety Authority | <https://hsalearning.ie/mod/page/view.php?id=39> |
|  | Online module | This online module aims to equip learners with key information about how to keep safe when using screens and keypads on computers and devices, e.g. tablets and mobile phones. It is ideal for delivery in class via an interactive whiteboard or a computer projector. | Health and Safety Authority | <https://hsalearning.ie/mod/page/view.php?id=39> |
|  | Information Sheet | This information sheet gives advice to learners about keeping safe. Leaflet available to download. | ISPCC Childline | <https://www.ispcc.ie/advice/advice/the-keep-safe-code-/8564> |
| Water safety | Factsheet | This factsheet provides basic guidelines about water safety. | Spunout | <https://spunout.ie/life/article/water-safety> |
|  | Poster | This poster provides tips associated with water safety at home. | Irish Water Safety | <http://www.iws.ie/_fileupload/Posters/irish_water_safety_at_home_a4_to_dl.pdf> |
|  | Poster | This poster provides tips associated with pool safety. | Irish Water Safety | <http://www.iws.ie/_fileupload/6_steps_to_pool_safety.pdf> |
|  | Poster | This poster provides important steps when swimming. | Irish Water Safety | <http://www.iws.ie/_fileupload/Posters/12_steps_to_safe_swimming.pdf> |
| Road safety | Worksheet | This worksheet provides activities about road safety. | ISL Collective | <https://en.islcollective.com/resources/printables/worksheets_doc_docx/road_safety/beginner-prea1-worksheet/66907> |
|  | Leaflet | This leaflet provides information on how to get to school safely by luas, cycling, walking and by car. It also includes the ‘Safe Cross Code’. | RSA Ireland | <http://www.rsa.ie/Documents/Road%20Safety/Leaflets/Leaf_booklets/Going_to_school.pdf> |
|  | Video | Safe Cross Road Song | RSA Ireland | <https://www.youtube.com/watch?v=DIluoGcCKNg> |
|  | Interactive activities | The ‘Street Smart Initiative’ provides activities to highlight issues of road safety to learners. Suitable for 8 – 12 years. | RSA Ireland | <http://www.rsa.ie/Documents/Road%20Safety/Leaflets/Leaf_booklets/streetsmart.pdf> |
|  | Leaflet | This leaflet provides information about safer school gates. | Green Schools.  An Taisce | <https://greenschoolsireland.org/resources/theme_category/travel/school_type/primary/page/2/> |
|  | Programme | The ‘Seatbelt Sheriff & Hi Glo Silver’ (7 to 9-year-olds) programmes are designed in a fun way to get learners engaged with the issue of road safety. | RSA Ireland | <http://www.rsa.ie/en/RSA/Road-Safety/Education/Teaching-resources/> |
|  | Booklet | This booklet gives tips on cycle safety. | RSA Ireland | <http://www.rsa.ie/Documents/Road%20Safety/Leaflets/Leaf_booklets/Cycle%20Safety%20A5%20v4.pdf> |
| Environmental safety | Information Sheet | This information sheet provides information about environmental safety. | Woman’s and Children’s Health Network. KidsHealth. Child and Youth Health | <http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=288&id=2651> |
|  | Poster | This poster provides tips about how to stay fresh and healthy in hot weather. | Safety Shop Posters | <https://www.safetypostershop.com/category/first-aid-posters/> |
| Personal Safety in the Workplace | Worksheet | This worksheet is about safety in the workplace (Cross out the false sentences). | ISL Collective | <https://en.islcollective.com/resources/printables/worksheets_doc_docx/safety_at_work_-_what_can_you_see/jobs-intermediate-b1/63353> |
|  | Worksheets. Module 4 | The worksheets included in the ‘Steps to Safety. Improving Workplace Basic Education and Health and Safety Workbook’ provide information and activities about working safely. | Authors: Martin Berridge, Fiona Fay and Pauline Hensey. Published by: NALA& FAS. | <https://www.nala.ie/resources/steps-safety-improving-workplace-basic-education-and-health-and-safety-introduction> |
| Food safety | Video | This video demonstrates food safety practices for chilling food and temperature control. | Safefood | <http://www.safefood.eu/Food-Safety/Chill/Chilling.aspx> |
|  | Website | The ‘Frightful Fridge’ shows some common mistakes people make. It is in colourful and visual picture format. Available to download. | Safefood  Fridge hygiene | <http://www.safefood.ie> |
|  | Poster | This poster shows handwashing techniques through pictures. | Daydream Education | <http://www.daydreameducation.co.uk> |
|  | Activity Sheets | These activities teach learners how to prepare and cook food and use the kitchen safely. | Kids Health in the classroom. The Nemours Foundation/KidsHealth | <http://classroom.kidshealth.org/prekto2/personal/safety/food_safety.pdf> |
|  | Poster | This is a food safety poster. | Food - A Fact for life | <http://www.foodafactoflife.org.uk/attachments/ca47c73a-e5fd-4f101217e909.pdf> |
|  | Poster | This user-friendly poster is about kitchen hygiene. It gives clear instructions on how to prevent accidents and injuries whilst maintaining a healthy working environment. It is in full colour with illustrations. | Safety First Aid | [http://www.safetyfirstaid.co.uk/safety-supplies-and-signs-categories/health-and-safety-awareness/health-and-safety-posters/kitchen-hygiene-poster/#.WsnNoi7wbIU](http://www.safetyfirstaid.co.uk/safety-supplies-and-signs-categories/health-and-safety-awareness/health-and-safety-posters/kitchen-hygiene-poster/" \l ".WsnNoi7wbIU) |
|  | Article | This article provides information about being safe in the kitchen. | Kids Health  From Nemours. | [https://kidshealth.org/en/kids/safe-in-kitchen.html?WT.ac=ctg#catfood](https://kidshealth.org/en/kids/safe-in-kitchen.html?WT.ac=ctg%23catfood) |
|  | Information Sheet | This information sheet gives food safety tips with picture illustrations. | Dupage County Health Department | <http://www.dupagehealth.org/food-safety-tips> |
| Safe Practices | Worksheet | This worksheet is printable with images of emergency vocabulary. | ISL Collective | <https://en.islcollective.com/resources/printables/worksheets_doc_docx/emergency/means-of-transport/100089> |
|  | Resource Pack | The ‘Be Safe’ resource is an activity- based pack on road safety, fire safety and water safety. It is aimed at primary level. | RSA Ireland | <http://www.rsa.ie/en/RSA/Road-Safety/Education/Teaching-resources/> |
|  | Information Sheets | These information sheets provide simple safety tips on manual handling, slips, trips & falls, cuts, burns & scalds and falling objects. | Health and Safety Authority | <http://www.hsa.ie/eng/topics/Simple_Safety/Simple_Safety_in_Food_and_Drink/> |
|  | Poster | These posters provide information on how to treat cuts, scrapes, burns and a bloody nose. | Safety Poster Shop | <https://www.safetypostershop.com/category/first-aid-posters/> |
|  | Worksheet | This is a PDF document that contains a First Aid Kit. It is useful to identify the contents of a kit and their corresponding names. | Daherrerod  (Busy Teacher) | <https://busyteacher.org/19429-first-aid-kit.html> |
|  | Resource | This is a resource for the tutor to understand risk assessment and hazards. It is a useful guide to teach the learner about risk assessment. | HWB  Digital Learning for Wales | <http://resources.hwb.wales.gov.uk/VTC/2008-09/key_skills/disc1/KSCHIL/KSCHIL12.pdf> |
| Fire Safety | Worksheets | This is a fire safety worksheet that contains images. | Have Fun Teaching | <https://www.havefunteaching.com/resource/science/fire-safety-worksheet/> |
|  | Activity | This is an activity about a fire station. It is a series of activities and exercises relating to fire safety and firemen. | Have Fun Teaching | <https://www.havefunteaching.com/resource/kindergarten/fire-station-activity/> |
|  | Website | This is a useful article that includes fire safety warning signs. | Fire Safety Advice Centre | <https://www.firesafe.org.uk/fire-safety-signs/> |
|  | Worksheet | This is a fire safety puzzle. | English Worksheets Land | <https://www.englishworksheetsland.com/topics/2/firesafety/4puzzle.pdf> |
|  | Poster | This workplace poster uses striking images and vibrant colours to emphasise vital fire safety measures. | Daydream Education | <http://www.daydreameducation.co.uk> |
|  | Poster | This poster shows you what you need to know about fire safety. | Daydream Education | <http://www.daydreameducation.co.uk> |
|  | Information Sheet | This information sheet provides information about first aid for burns and scalds. | Woman’s and Children’s Health Network. KidsHealth. | <http://cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=307&id=1671> |
|  | Poster | This colourful poster clearly displays how to choose the right fire extinguisher and provides information on the different types of fire extinguishers. | Safety First Aid | [http://www.safetyfirstaid.co.uk/safety-supplies-and-signs-categories/health-and-safety-awareness/health-and-safety-posters/Using-the-Correct-Fire-Extinguisher-A3-Poster,-Laminated/#](http://www.safetyfirstaid.co.uk/safety-supplies-and-signs-categories/health-and-safety-awareness/health-and-safety-posters/Using-the-Correct-Fire-Extinguisher-A3-Poster,-Laminated/%23) |
|  | Posters | These posters provide visual and colourful illustrations of emergency exits, fire actions, and first aid for burns. It also identifies the signs for fire extinguishers, alarms and exits. | Safety Poster Shop | <https://www.safetypostershop.com/category/fire-safety-posters/> |
|  | Workbook | This workbook (PDF) provides colourful and fun activities about fire safety in the home. | HSB Wales Gov | <https://hwb.gov.wales/resources/resource/856056ee-655e-4d57-a202-8f662a7f5da2/en> |
|  | Presentation | This presentation gives tips on fire safety at home. | Slidshare  Abdalluh Suchwai | <https://www.slideshare.net/abdullah.sachwani/15-tips-for-home-fire-safety> |
| Online safety | Website | This article provides tips on how to stay safe online. | ReachOut | <https://ie.reachout.com/inform-yourself/bullying-and-personal-safety/staying-safe-online/> |
|  | Slideshare | This presentation is about Internet safety. It is a useful guide about what we need to know to be safe. | Author: Beth Martinez | <https://www.slideshare.net/bgmartinez1971/internet-safety-for-children-powerpoint> |
|  | Article | This article provides information about online safety. | Spunout | <https://spunout.ie/life/category/online-safety> |
|  | Quiz | This online quiz shows you how to be a safe internet surfer. | Safe Kids | <http://www.safekids.com/quiz/yes1.htm> |
|  | Online game | This game engages learners in a fun way to make smart online decisions and educate them about internet safety, privacy and security. | Interland | <https://beinternetawesome.withgoogle.com/en/interland> |
|  | Information Sheet | This information sheet provides simple rules about online usage. | Safe Kids | <http://www.safekids.com/kids-rules-for-online-safety/> |
|  | Article | This is an interesting article about internet safety. | ISPCC Childline | <https://www.childline.ie/index.php/support/internet-safety/1637> |
|  | Website | Webwise has put together internet safety teaching resources. They can be used to help young people learn all they need to know about using new media in a safe, secure and positive way. | Webwise | <https://www.webwise.ie/> |
|  | Poster | These colourful posters provide information about safety online. | Safety Posters Shop | <https://www.safetypostershop.com/category/internet-safety-posters/> |
|  | Website | This website has created a range of safety videos tackling topics such as cyber-bullying, sexting and peer pressure. | Watch Your Space | <http://www.watchyourspace.ie/resources-2/> |
| People with Responsibility | Worksheet | This worksheet called ‘Job matching- Where do I work?’ helps learners to identify people with responsibility. | ISL Collective | <https://en.islcollective.com/resources/printables/worksheets_doc_docx/jobs_where_do_you_work/jobs-job-work/35719> |
|  | Worksheet | The worksheet is about community helpers. It asks learners to consider the various roles in the community. | Education.com | <https://www.education.com/worksheet/article/care-jobs/> |
| Other | Student Workbook | This workbook consists of worksheets on personal safety at home, in the community and at work (sample). | Educoot | <http://www.educoot.ie/resouces> |
|  | Active Learning Board | This is a useful tool for learners to use in the classroom to brainstorm, for group work, for paired work, for key points, drawing/sketching, recall and rough work. It is also used as a reflective tool. | Printplus/Jet Print | <http://www.prinitplus.ie> |

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| **Theme/Topic:**  **Relaxation Techniques** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| Ways to Relax | Poster | This ‘Relax and Unwind Centre’ poster shows you how to relax and unwind. | Kids Health from Nemours | [Relaxation Techniques Resource List.docx](file:///C:\Users\AverilHayes\AppData\Local\Temp\Temp1_Fw__.zip\Relaxation%20Techniques%20Resource%20List.docx) |
|  | Online Worksheet | The reading colouring book is designed to get learners in the mood to relax. | Education.com | <https://www.education.com/worksheet/article/color-hammock-reading-break/> |
|  | Colouring Book | This is a selection of colouring book images to use with learners. Download and print to use as a relaxation method. | Google | <https://www.google.ie/search?q=relaxation+colouring+books+for+level+1+learners&tbm=isch&tbo=u&source=univ&sa=X&ved=0ahUKEwjhw8nP69DaAhXRJVAKHWszDTUQsAQILQ&biw=1164&bih=812> |
|  | Online Worksheet | This worksheet called ‘Mindfulness: Deep Relaxation Become like a Tree’ is used to relax your body and your mind. In this worksheet, learners grow roots, branches, and leaves as they practice deep relaxation — then design a calming technique of their own. | Education.com | <https://www.education.com/worksheet/article/mindfulness-deep-relaxation/> |
|  | Slideshow | This slideshow shows learners 14 ways to relax. It provides information on relaxation techniques. | Fit Standford Wed Md | <https://fit.webmd.com/kids/recharge/slideshow/slideshow-kids-relax> |
|  | Video | This video teaches you the best ways to relax. | Fit Standford Wed Md | <https://fit.webmd.com/kids/recharge/videos/default.htm> |
|  | Article | This is an interesting article about positive well-being. There is a section about sleep and relaxation. | Irish Times | <https://www.irishtimes.com/life-and-style/health-family/parenting/positive-well-being-health-rest-and-fitness-1.3440737> |
|  | Video | This video provides tips about ways to relax. | Mind - For Better Mental Health | [https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-tips/?o=6833#.WsSNLi7wbIU](https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-tips/?o=6833%23.WsSNLi7wbIU) |
|  | Information Sheet | This information sheet provides information about how to use relaxation exercises. | Mind- For Better Mental Health | <https://www.mind.org.uk/media/2145638/exploring-relaxation_2015.pdf> |
|  | Website | This website gives a variety of relaxation suggestions. | Your Mental Health | <http://www.yourmentalhealth.ie/continuum/tips/relaxation.html> |
|  | Website | This website gives a simple list of relaxation techniques. Useful to use with a group to identify ways to relax. | Mayo Clinic | <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/relaxation-technique/art-20045368?pg=2> |
|  | Infographics | These easy read infographics are a useful way of showing group ways to relax. You can customise them for a level 1 learner. | Quid Corner | <https://www.success.com/article/50-ways-to-relax-without-spending-money> |
|  | Article | This article provides information about how to relax. | Terri Tresicio | <https://www.huffingtonpost.com/entry/how-to-relax-like-a-pro_b_11403428.html> |
|  | Posters | These ‘#Little Things’ posters remind us of the little things that make a difference to how we feel. You can order printed posters and postcard packs. | Health Promotion.ie | [http://www.yourmentalhealth.ie](http://www.yourmentalhealth.ie/) |
|  | Article | This article provides information about how food affects how we feel. | Moodcafe. Promoting Mental Health from Fife | <http://moodcafe.co.uk/wellbeing-and-lifestyle/eat-well.aspx> |
|  | Article | This article provides information about how exercise improves your mood. | Moodcafe. Promoting Mental Health from Fife | <http://moodcafe.co.uk/wellbeing-and-lifestyle/exercise.aspx> |
|  | Audio | This is an audio relaxation exercise. | BodyWhys | <https://www.bodywhys.ie/resources/relaxation-exercise-1/> |
|  | Audio | This is an audio relaxation exercise. | BodyWhys | <https://www.bodywhys.ie/resources/relaxation-exercise-2/> |
|  | App | The ‘Smiley Mind’ app is free, and it can be used for children as young as 7. There is also a section for educators. | Healthline | [https://www.healthline.com/health/mental-health/top-meditation-iphone-android-apps#smiling-mind](https://www.healthline.com/health/mental-health/top-meditation-iphone-android-apps%23smiling-mind) |
|  | Website | This website has a good section on relaxation and alternative therapies. | Better Health Channel | <https://www.betterhealth.vic.gov.au/healthyliving/healthy-mind> |
|  | Website | These are simple activities that could be used with learners to show them ways to relax. Activities include a treasure hunt, using stress balls, mediation and laughter. | By Amy Guertin | <https://stress.lovetoknow.com/stress-management-techniques/stress-management-group-activities> |
|  | Website | This website provides an information leaflet about anxiety. The leaflet is in easy read format. Relaxation is used as a method to reduce it. Other subjects are available on the website. | NHS UK | <https://web.ntw.nhs.uk/selfhelp/leaflets/Anxiety%20ER.pdf> |
|  | Article | There is a colourful diagram in this article that shows how stress affects different aspects of our life. A useful tool to use before relaxation to indicate levels of stress with learners. | Study.com | [https://study.com/academy/lesson/what-is-stress-management-definition-benefits.html#lesson](https://study.com/academy/lesson/what-is-stress-management-definition-benefits.html%23lesson) |
|  | Cards | These are a selection of cards with self-help techniques displayed on them. Useful to help learners to relax. | Getselfhelp.co.uk | [https://www.getselfhelp.co.uk//cards.htm#Print](https://www.getselfhelp.co.uk/cards.htm%23Print) |
| Relaxation Methods | Videos | These videos show how to play your mood away, what stress does to your body and how to practice mindfulness. | Fit SandfordWeb MD | <https://fit.webmd.com/kids/mood/videos/default.htm> |
| Mindfulness | Book | This book called ‘Mindful Eating 101: A Guide to Healthy Eating in College and Beyond’ shows how to use mindful eating as a relaxation method. | Author: Susan Albers |  |
|  | Videos | These videos show you how to relax and practice mindfulness. | ReachOut | <https://ie.reachout.com/getting-help-2/minding-your-mental-health/relaxation-exercises/> |
|  | Information sheet | This is a mindfulness minute exercise. | Educoot.com | <https://static1.squarespace.com/static/53e7dd4fe4b0fb1fc62c318a/t/56a6affda128e6eba045bcd1/1453764613409/sos_mindful_minute.pdf> |
|  | Article | This article is about the benefits of mindfulness. | New York Times | <https://www.nytimes.com/guides/well/mindfulness-for-children> |
|  | Information Sheet | This is a useful resource to help integrate mindfulness into the classroom. | Edutopia  Giselle Shardlow | <https://www.edutopia.org/blog/integrating-mindfulness-in-classroom-curriculum-giselle-shardlow> |
|  | Video | This video shows the learner how to practice mindfulness. | Fit Sandford Web MD | <https://fit.webmd.com/kids/mood/videos/default.htm> |
|  | Information Sheet | These information sheets are a useful way to introduce the learners to mindfulness. | Making Sense of Trauma  Practical Tools for Responding to Children and Youth | <https://makingsenseoftrauma.com/wp-content/uploads/2016/04/Mindfulness.pdf> |
|  | Online Game Quiz | This quiz called ‘Your day, you decide how to make smart healthy choices’ is a good way to get the class to relax. | Fit SandfordWeb MD | <https://fit.webmd.com/kids/recharge/rmq/rm-quiz-your-day-adventu> |
|  | Article | This article shows learners 10 stress reducing techniques that can be used as relaxation methods. | Author: Kelly Roper  Lovetoknow | <http://stress.lovetoknow.com/Top_Ten_Relaxation_Techniques_Children> |
|  | Workbook | This workbook consists of worksheets on a beginner’s introduction to mindfulness. (Sample) | Educoot | <http://educoot.org> |
| Hypnosis | Tool | This tool called ‘Hypnosis for Relaxation’ provides tracks for relaxation. Download the pictures to begin the tracks. | Moodcafe. Promoting Mental Health from Fife | <http://moodcafe.co.uk/wellbeing-and-lifestyle/hypnosis-for-relaxation.aspx> |
| Exercises | Activity | These activities provide relaxation exercises for learners. | Moodcafe. Promoting Mental Health from Fife | <http://moodcafe.co.uk/for-children-and-young-people/relaxation-for-children.aspx> |
|  | Leaflet | This leaflet called ‘Relax like a Cat ‘provides information on a relaxation activity for children to help control breathing and muscle relaxation. | Moodcafe. Promoting Mental Health from Fife | <http://moodcafe.co.uk/media/8374/Relaxleaflet.pdf> |
|  | Online game | This online game helps learners to create their own sensory room. | Sensory World | <http://www.sensoryworld.org/sensory_room.html> |
|  | Video | The ‘Rainbow Breath Flow’ exercise demonstrated in this video helps to raise your energy and helps you face your day. | YouTube. Go Noodle | <https://www.youtube.com/watch?v=KhfkYzUwYFk> |
|  | Website | This website provides information about simple practical stressbusters. Learners can identify ways to relax and identify a preferred relaxation method. | Irish Heart Foundation | <https://irishheart.ie/your-health/ways-to-live-better/stress/> |
|  | App | This is a relaxation app. Download from the App Store. | Calm | <https://www.calm.com/> |
|  | Information Sheet | This information sheet shows you how to use relaxation exercises. | Mind. For Better Mental Health | <https://www.mind.org.uk/media/2145638/exploring-relaxation_2015.pdf> |
|  | Online presentation | This presentation looks at relaxation techniques. | Spiritual, Health, Medicine, Entertainment & Humour | <https://www.slideshare.net/meditationtips101/relaxation-techniques-9091898?qid=7578f607-c6a5-484c-8137-50677c347165&v=&b=&> |
|  | Website | This website looks at relaxation methods. There is also a variety of articles about health and wellbeing. | Wisegeek.com | <http://www.wisegeek.com/what-are-the-different-types-of-relaxation-techniques.htm> |
|  | Games & Activities | These are 60 fun activities to help a learner relax. | Author: Susan Kaiser Greenland | <https://www.susankaisergreenland.com/mindful-games/> |
|  | Activity | This is a quick, fun classroom activity which fosters open dialogue while releasing pent-up energy. | Edutopia | <https://www.edutopia.org/video/60-second-strategy-snowball-toss> |
|  | Website | There is a list of relaxation techniques in this article. It is a useful resource to introduce learners to the relaxation techniques and vocabulary. It also looks at the benefits of relaxation. | Mayo Clinic | <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/relaxation-technique/art-20045368> |
|  | Information Sheet | This information sheet shows simple yoga stretches and controlled breathing exercises. | Wellness Proposals | <http://www.wellnessproposals.com/stress/stress-pdfs/stress_management_release_the_tension.pdf> |
|  | Information Sheet | This information sheet shows simple relaxation techniques to let go of stress. | Wellness Proposals | <http://www.wellnessproposals.com/stress/stress-pdfs/stress_managment_letting_go_of_stress.pdf> |
|  | Video | This video is a good introduction to relaxation for learners. It is a way to let learners relax without watching TV or playing video games. | You Tube  One Yoga Samantha | <https://www.youtube.com/watch?v=yx0G3VBhZaU> |
|  | Worksheet | This information sheet is useful resource to introduce learners to relaxation techniques. | Making Sense of Trauma  Practical Tools for Responding to Children and Youth | <https://makingsenseoftrauma.com/wp-content/uploads/2016/04/5-4-3-2-1-Relaxation-technique.pdf> |
|  | Article | This article shows you ten ways to help learners relax. | Love to Know | <https://stress.lovetoknow.com/Top_Ten_Relaxation_Techniques_Children> |
|  | Slideshow | This slideshow uses images of people who are not relaxed. | Love to Know | <https://stress.lovetoknow.com/Slideshow:Stressed_People_Pictures> |
|  | Video | This video shows what stress does to the body. | Fit Sandford Web MD | <https://fit.webmd.com/kids/mood/videos/default.htm> |
|  | Techniques | These free relaxation scripts provide quick and easy relaxation techniques for learners. | Online Inner Health Studio | <http://www.innerhealthstudio.com/relaxation-for-children.html> |
|  | Apps | These are the 7 best relaxation apps for 2018. | Techno FAQ | <https://technofaq.org/posts/2018/01/7-best-relaxation-apps-for-2018/> |
| Mediation | Ebook | This book called ‘Read, Breathe, and Chill’ is a book of games and techniques introducing breathing, mediation and relaxation to learners. Available to download. | Author: Lisa Roberts | <https://www.slideshare.net/8apcdb531/read-breathe-chill-a-handy-book-of-games-and-techniques-introducing-breathing-meditation> |
|  | Website | This website called ‘Headspace’ teaches the fundamentals of mediation to kids with simple, fun breathing exercises. It focuses on calm, focus, kindness, sleep and wakeup. | Headspace | <https://www.headspace.com/meditation/kids> |
|  | Website | This website provides worksheets about relaxation techniques, deep breathing, muscle relaxation, visualisation and mindfulness mediation. There are also interactive tools, videos, articles and guides for the tutor to access for further information. | TherapistAid.com | <https://www.therapistaid.com/therapy-worksheets> |
|  | Article | This article gives a simple explanation about mediation. It is useful resource to introduce the learner to mediation as a form of relaxation. | Reach Out | <https://ie.reachout.com/getting-help-2/minding-your-mental-health/meditation/> |
|  | Video | This video is a good introduction for beginners to mediation. | You Tube  Amit Yoga Institute | <https://www.youtube.com/watch?v=xnTU_aGK4OI> |
|  | Website | This article is about how the body reacts to relaxation. The website also looks at muscle relaxation and mediation. | Bestofrelaxtion.com | <http://best-of-relaxation.com/relaxation.html> |
|  | Website | This article is about how the body reacts to relaxation. The website also looks at muscle relaxation and mediation. | Bestofrelaxtion.com | <http://best-of-relaxation.com/relaxation.html> |
| Aromatherapy | Article | This article is about using aromatherapy as a method of relaxation. | SkillsYouNeed.com | <https://www.skillsyouneed.com/ps/aromatherapy.html> |
| Music | Article | This article is about using music therapy as a method of relaxation. | SkillsYouNeed.com | <https://www.skillsyouneed.com/ps/music-therapy.html> |
| Laughter | Article | This article is about using laughter therapy as a method of relaxation. | SkillsYouNeed.com | <https://www.skillsyouneed.com/ps/therapeutic-laughter.html> |
| Reflection | Journal | This relaxation journal could be customised to a level 1 learner and used in class after practicing a relaxation technique. | Depts. Washington.edu | <https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/4%20Emotion%20Regulation%20Skills/Client%20Handouts/Relaxation/Relaxation%20Journal.pd> |
|  | Poster | This is a visual poster. It is useful for a 15 second refresher exercise. | Stress Management and Biofeedback caos.byu.edu | <https://caps.byu.edu/sites/default/files/pdfs/stress_management/15_second_refresher.pdf> |
|  | Journal | This journal could be used to evaluate the relaxation techniques used in class. | Centre for Clinical Interventions | <http://www.cci.health.wa.gov.au/docs/ACFA2A7.pdf> |
|  | Active Learning Board | This is a useful tool for learners to use in the classroom to brainstorm, for group work, for paired work, for key points, drawing/sketching, recall and rough work. They can also be used to reflect on relaxation methods. It is also used as a reflective tool. | Printplus/Jet Print | [http://www.prinitplus.ie](http://www.prinitplus.ie/) |
| Tutor | Resources | There are a variety of resources available that include books, DVD’s, CD’s and audio books. Refine search by service, format and availability. | Libraries: Ireland | <http://librariesireland.iii.com/iii/encore/search/C__Srelaxation%20__Orightresult__U?lang=eng&suite=def> |
|  | Audio | This audio session has links to relaxation audio sessions. You must have an iTunes account to access. | iTunes | <https://itunes.apple.com/us/itunes-u/relaxation-audio-sessions/id431727868> |
| Places to Relax | Exercises | These fun breathing exercises can be printed and used to help learners’ breath and identify a preferred relaxation method. | Childhood101 | <https://childhood101.com/fun-breathing-exercises-for-kids/> |
|  | Information Sheet | This information sheet provides information about tensing and relaxing muscles. It also looks at deep breathing, exercise, visualisation, laughing, stretching, music and mediation. These activities are useful to explore places learners can relax. E.g. Standing in a queue | LovetoKnow | <http://stress.lovetoknow.com/Top_Ten_Relaxation_Techniques_Children> |
|  | Article | This article is about how relaxation helps a learner. It includes a simple breathing exercise and colour breathing. These exercises can be useful to explore places where learners can use these exercises. E.g. Waiting for a class | Get Self Help | <https://get.gg/docs/Relaxation.pdf> |
|  | Visuals | These images provide the learner with visual images of places to relax. | Goggle Images | [https://www.google.com/search?q=relaxation+images&tbm=isch&tbo=u&source=univ&sa=X&ved=0ahUKEwjIr4Hzkc7aAhUJy6QKHbXrBWUQ7AkIQA&biw=1366&bih=662#cns=1&spf=1525434436419](https://www.google.com/search?q=relaxation+images&tbm=isch&tbo=u&source=univ&sa=X&ved=0ahUKEwjIr4Hzkc7aAhUJy6QKHbXrBWUQ7AkIQA&biw=1366&bih=662%23cns=1&spf=1525434436419) |
|  | Worksheets | These worksheets provide activities for learners about relaxation techniques. | Google Worksheets | [https://www.google.com/search?tbm=isch&q=relaxation+worksheets&chips=q:relaxation+worksheets,g\_7:relaxation+technique&sa=X&ved=0ahUKEwigksiUk87aAhXkK8AKHTJSCowQ4lYIPigB&biw=1366&bih=662&dpr=1#imgrc=d5bRlsuJRgQqjM](https://www.google.com/search?tbm=isch&q=relaxation+worksheets&chips=q:relaxation+worksheets,g_7:relaxation+technique&sa=X&ved=0ahUKEwigksiUk87aAhXkK8AKHTJSCowQ4lYIPigB&biw=1366&bih=662&dpr=1%23imgrc=d5bRlsuJRgQqjM): |
|  | Worksheet | This is a simple story and worksheet about relaxing in the park. | Resources.marshalladulteducation.org | <http://resources.marshalladulteducation.org/rs/hc/l07hc/Relaxing_at_the_%20Park_%20Level_.7.pd> |
|  | Book | This book provides information on situations which cause stress, symptoms of stress and strategies to deal with stress. | Prim- Ed. Lifestyle choices. Self-Management.  Published by RIC Publications. | <https://www.prim-ed.com/webshop/root/SPHE/Lifestyle-Choices> |
|  | Resource | This resource gives the tutor tips to teach relaxation exercises. There are visuals included. | By George Watts | <https://georgewatts.org/2014/03/14/teaching-relaxation-exercises-tips/> |

**Useful Resources:**

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| **Name** | **Contact Information** |
| Slideshare | Website: <http://www.slideshare.net> |
| Skillshare;;;;;pppp’’;’’’’’ | Website: <http://skillshare.com> |
| FETAC Resources | Website: <http://www.fetacresources.com/fetacresources/> |
| Educoot | Website: <http://www.educoot.org.> |
| Daydream Education | Website: <http://www.daydreameducation.co.uk> |
| Quizlet | Website: <https://quizlet.com> |
| Teachers Pay Teachers | Website: <https://www.teacherspayteachers.com> |

**Useful Organisations:**

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| --- | --- |
| **Name** | **Contact Information** |
| Healthy Ireland (HI) | Website:: [http://www.healthyireland.ie/](http://www.healthyireland.ie/%20) Email: [healthyireland@health.gov.ie; Phone](mailto:healthyireland@health.gov.ie;%20Phone): +353 (0)1 6354000 |
| Health Service Executive (HSE) | Website: <https://www.hse.ie/eng/> Email: [hselive@hse.ie;Phone: 041](mailto:hselive@hse.ie;Phone:%20041) 6850300 |
| Midwest Dairy Association (MDA) | Website: <http://www.midwestdairy.com> |
| Safefood | Website: <http://www.safefood.eu/Home.aspx> Email: [info@safefood.eu; Phone: +353](mailto:info@safefood.eu;%20Phone:%20+353) 1 8171300 |
| Food Safety Authority of Ireland (FSAI) | Website: [http:/www.fsai.ie; Email: info@fsai.ie](http://www.fsai.ie;%20Email:%20info@fsai.ie); Phone: 01 8171300 |
| Food Standards Agency (FSA) | Website: <http://www.food.gov.uk> |
| Food Standards Agency (FSA) Northern Ireland | Website: <https://www.food.gov.uk/northern-ireland> |
| British Nutrition Foundation (BNF) | Website: [http://www.foodafactoflife.org.uk/](http://www.foodafactoflife.org.uk/%20) Email: [postbox@nutrition.org.uk](mailto:postbox@nutrition.org.uk);  Phone: 020 7557 7930 |
| Bord Bia | Website: [http://www.bordbia.ie](http://www.bordbia.ie/) Phone: + 353 1 668-5155 |
| United States Department of Agriculture (USDA). | Website: <http://www.choosemyplate.gov/children> |
| National Health Service (NHS), UK | Website: [http:////www.nhs.uk](http://www.nhs.uk) |
| Dairy Council of California | Website: <https://healthyeating.org/Healthy-Kids> |
| Child and Youth Health (CHY) | Website: <http://www.chy.ie> |
| Irish Nutrition and Dietetic Institution (INDI) | Website: [http://www.indi.ie](http://www.indi.ie/) Email: [info@indi.ie](mailto:info@indi.ie); Phone: 01-2804839 |
| National Adult Literacy Agency (NALA) | Website: [http://www.nala.ie](http://www.nala.ie/) Phone: 1800 20 20 65 |
| Irish Heart Foundation (IHF) | Website: <http://www.irishheart.ie> Email: [info@irishheart.ie](mailto:info@irishheart.ie); Phone: +353 1 6685001 |
| Sport Ireland | Website: <https://www.sportireland.ie/> Email: [contactus@sportireland.ie](mailto:contactus@sportireland.ie); |
| Eatright.eu | Website: <http://www.eatright.eu> |
| Dental Health Service Victoria (DHSV) | Website: [www.dhsv.or.au](file:///C:\Users\AverilHayes\AppData\Local\Temp\Temp1_Re__.zip\www.dhsv.or.au) |
| New South Wales (NSW) Food Authority | Website: [www.nsw.gov.au](file:///C:\Users\AverilHayes\AppData\Local\Temp\Temp1_Re__.zip\www.nsw.gov.au) |
| Woman’s and Children’s Health Network | Website: <http://www.cyh.com/SubDefault.aspx?p=255> |
| Irish Health.com | Website: <http://www.irishhealth.com/> |
| Spunout | Website: <https://spunout.ie> |
| Your Mental Health | Website: <http://www.mentalhealth.ie> |
| Reachout | Website: <https://ie.reachout.com/> Phone: +353 1 764 5666 |
| Headspace | Website: <http://www.headspace.com> |

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| **MOOCs (Massive Online Open Courses)** | |
| Free access to online courses  Search regularly for new courses and new start dates | <https://www.mooc-list.com/>  What is MOOCS?  <https://www.youtube.com/watch?v=eW3gMGqcZQc> |

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| **Field area / Field of Learning covered by this Level 1 resource list** | **Personal Skills and Development** |
| **Minor Awards - Names** | **Life Science**  **Setting Learning Goals**  **Non-verbal Communication**  **Personal Decision Making**  **Personal Care**  **Food Choice and Health** |
| **Minor Awards - Codes** | **M1S24**  **M1L13**  **M1C04**  **M1L12**  **M1H14**  **M1H16** |
| **Level** | **1** |

**Suggested resources to support delivery at Level 1:**

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| **Component: Life Science** | **Code: M1S24** | **The resources below support the development of:**   * **Communicative Skills** * **Enhanced Development of Personal Awareness of Environment in Local and Global Contexts.** * **‘Grow it yourself’ Competencies** * **Awareness of Health, including Nutrition and Circulatory and Other Systems** * **Literacy Skills** |  |  |
| **Theme/Topic:**  **Life Science** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| (LS1) Sort familiar objects and life forms into live/animate, dead/inanimate groups | Worksheets - website | To support students' understanding of living vs. non-living things, students will cut, sort, and glue pictures into their appropriate categories: living or non-living. Items students will sort:  Living: -Tomato Plant /Flower / Apple Tree / Pine Tree / Tree (in Autumn/winter-without leaves) Ladybug / Chick / Child / Puppy / Octopus / Giraffe Non-living: -Rock / Soil / Cloud / Water / Balloons / Computer / Car / Muffin Pictures are black and white so students can colour the items after sorting. | Teachers pay Teachers | <https://www.teacherspayteachers.com/Product/Living-vs-Nonliving-Sort-921817> |
|  | Website | Find the Living Things in the picture | Topmarks | <https://www.topmarks.co.uk/Flash.aspx?b=science/plants_animals> |
| (LS2) Sort familiar objects and life forms into plant or animal kingdoms | Worksheets | Sort animals and plants into different categories with this printable worksheet. Designed for use with children but could be used with more adult-oriented images. | My teaching station | <https://www.myteachingstation.com/math/sorting-categorizing/animal-and-plant-sorting> |
| (LS3) Identify some plant and animal life forms in a familiar local habitat | Teacher notes | Gardening activities, notes (for primary school but can be adapted), e.g. herb planting, planting vegetables, sowing seeds, | Bord Bia | <http://www.bordbia.ie/consumer/gardening/organicgardening/pages/worksheets.aspx> |
|  | Worksheets | Worksheets that include twig identification and leaf identification.  If link does not open due to restrictions on your PC, copy and paste to address bar. | WoodlandTrust.org.uk | <https://www.woodlandtrust.org.uk/mediafile/100280992/Tree-pack-pupil-worksheets.pdf> |
|  | Teacher notes, few worksheets | School resource on trees (but can be adapted and some sheets can be used ‘as is’ – includes Irish links) | Kerry Earth Education Project | [http://www.gortbrackorganicfarm.com/PDF/Tree\_Nursery\_Pack[1].pdf](http://www.gortbrackorganicfarm.com/PDF/Tree_Nursery_Pack%5b1%5d.pdf) |
|  | Spotting sheet | Spotting summer flowers – sheet identifying common Irish flowers by picture and name. | Wildlifewatch.org.uk | <http://www.wildlifewatch.org.uk/images/Downloads/spotters/summer%20flowers.pdf> |
|  | Spotting sheets | Plant spotter sheets – by month. Common flowers and plants broken down by month of bloom with pictures, names and written descriptions. | Plant Life.org.uk | <http://www.plantlife.org.uk/uk/discover-wild-plants-nature/spotter-sheets> |
|  | PPT | [Mini Beast PowerPoint Quiz](https://www.scoilnet.ie/uploads/resources/18304/17985.ppt)  Mini beast description game. The children must read the clues and guess what mini beast is being described.  Can be adapted for adult learner use with different prompt questions or quiz scenario Project the quiz onto the whiteboard. Set students up in groups. Each group can write on a mini-board to present their group answer. | Scoilnet  If file does not open due to restrictions on your computer when clicking, copy and paste to address bar. | [https://www.scoilnet.ie/uploads/resources/18304/17985.ppt](https://www.scoilnet.ie/uploads/resources/18304/17985.ppt" \t "_blank) |
|  | PowerPoint | [Animal Classification -](http://www.teachingandlearningresources.co.uk/introclassification.ppt) An excellent PowerPoint on Animal Classification covering each of the groups of animals and their features. | Diane Hawkins | [http://www.teachingandlearningresources.co.uk/introclassification.ppt](http://www.teachingandlearningresources.co.uk/introclassification.ppt" \t "_blank) |
| (LS4) Use language appropriate to young and mature life forms, e.g. seed, seedling, plant, or pup and dog, kitten and cat, child and adult | PPT | [Animals and their babies](https://www.scoilnet.ie/uploads/resources/24040/23763.ppt) on PowerPoint  A PowerPoint to get children discussing baby animals and the names given to them. Chatting how some look like the adults and others don’t.  Can be adapted for adult learner use with different prompt questions or quiz scenario | Scoilnet | <https://www.scoilnet.ie/uploads/resources/24040/23763.ppt> |
|  | Word - Worksheet | [Babies and their mothers](https://www.scoilnet.ie/uploads/resources/24041/23764.doc) This resource should enable a child to:  develop some awareness of plants and animals from wider environments  group and sort living things into sets according to certain characteristics.  Can be adapted for adult learner use with different prompt questions or quiz scenario | Scoilnet | <https://www.scoilnet.ie/uploads/resources/24041/23764.doc> |
|  | website | Growing Beans on cotton wool | Imagination tree | <https://theimaginationtree.com/growing-beans-on-cotton-balls/> |
|  | Worksheets | Life cycle of a plant worksheets (for kids but can be used ‘as is’) | Worksheet Place | <http://www.worksheetplace.com/index.php?function=DisplayCategory&showCategory=Y&links=2&id=242&link1=241&link2=242> |
|  | Worksheets | How do plants grow? Worksheets (for kids but some can be used, e.g. plant life sequencing) including lesson plans on exploring how plants grow. | Woojr.com | <http://www.woojr.com/plant-life/> |
| (LS5) Name the parts of own body and that of a familiar animal | Worksheet on the senses form Website | Worksheets on identifying the human senses. | Twinkl | <https://www.twinkl.co.uk/resource/t-t-252868-my-senses-colouring-pages> |
|  | PPT presentation | [Skeleton Lesson with Presentation](https://www.scoilnet.ie/uploads/resources/25113/24837.pptx)  Downloadable presentation to guide your class through activities on the topic of the skeleton. Students explore the function, parts of the skeleton, what happens when you break a bone and skeletons of other animals. | Scoilnet | [https://www.scoilnet.ie/uploads/resources/25113/24837.pptx](https://www.scoilnet.ie/uploads/resources/25113/24837.pptx" \t "_blank) |
|  | Video Clip - YouTube | [Human Body - Cardiovascular System - Kids Animation Learn](https://www.youtube.com/watch?v=SmF-zkTXLVE)  **An animation about the cardiovascular system for children**  Can be adapted for adult learner use with different prompt questions or quiz scenario. | Make me Genius | [https://www.youtube.com/watch?v=SmF-zkTXLVE](https://www.youtube.com/watch?v=SmF-zkTXLVE" \t "_blank) |
|  | Video Clip - YouTube | [The Circulatory System Rap](https://www.youtube.com/watch?v=LqhvmUEdOYY)  A rap to explain the Circulatory System to children  Can be adapted for adult learner use with different prompt questions or quiz scenario | Kids health.org | <https://www.youtube.com/watch?v=LqhvmUEdOYY> |
|  | Worksheets on Website | Worksheets on naming the different parts of the human body.  Can be adapted for adult learner use with different prompt questions or quiz scenario | Kids health.org | <http://kidshealth.org/en/kids/htbw/> |
| (LS6) Identify some essential factors for healthy growth and development of plant or animal forms | Lesson on Website | Lesson on helping plants grow well  With Clips / Worksheets and instructions for tutors  Can be used as is. | BBC | <http://www.bbc.co.uk/schools/teachers/ks2_lessonplans/science/plants.shtml> |
|  | Lesson on Website | The Needs of Living Things - Students learn what animals and plants need to survive, how their habitats support these needs, and how organisms can change their environment. | PBS Learning media | <https://www.pbslearningmedia.org/resource/tdc02.sci.life.colt.lp_stayalive/the-needs-of-living-things/#.Wt7-kW4vzIU> |
|  | Factsheet | Information sheet on why we need nutrients and the different food types the provide different nutrients. | Great Grub Club | <http://www.greatgrubclub.com/domains/greatgrubclub.com/local/media/downloads/Why_do_we_need_nutrients__2.pdf> |
|  | Factsheets, presentations, worksheets | Information on nutrients and how they help us, includes energy, nutrients, fibre, nutritional needs, etc. Good for tutor preparation – level of literacy higher than level 1. | Food – A Fact of Life | <http://www.foodafactoflife.org.uk/section.aspx?t=75&siteId=19&sectionId=75> |
|  | Website | Effects of healthy eating – information, tips – all related to healthy eating. Good for tutor preparation – level of literacy higher than level 1. | Live Strong | <http://www.livestrong.com/article/38198-foods-eat/> |

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| **Component: Setting Learning Goals** | **Code:** **M1L13** | **The resources below support the development of:**   * **Personal Planning Skills** * **Reflective Skills** * **Communicative Skills** * **Metacognitive Skills** * **Resilience** * **Teamworking Skills** |  |  |
| **Theme/Topic: Setting Learning Goals** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| Identifying recent personal learning achievements | Blog | This is an interesting and clear blog. It is good for **tutors** planning and preparing for the course and especially helpful for reflecting on Learning Experiences. | Dr Mike Muir | <https://multiplepathways.info/2012/06/15/what-makes-for-good-learning-experiences//> |
|  | Website | This is an essential tool for all subjects.  **Puzzle Maker**- Create a word search of all the key words you need for a class/course. | Discovery Education | <http://www.discoveryeducation.com/free-puzzlemaker/index.cfm?campaign=flyout_teachers_puzzle> |
| Identifying a small range of short medium-term learning aspirations | Book | Even though the book is aimed at kids, it is a remarkable tool for adults of all ages and abilities. There are plenty of examples and instructions on how to create effective Mind Maps. | Tony Buzan  Mind Mapping for Kids ISBN 978-0007151332 | [www.**tonybuzan**.com](http://www.tonybuzan.com)  [www.Amazon.co.uk](http://www.Amazon.co.uk) |
|  | Video | This a short (2min 51sec) YouTube clip introducing Mind Mapping. It is very easy to follow. | Susan Gregory  www.macgrercy.com | <https://youtu.be/wLWV0XN7K1g> |
|  | Video | This is short video (2 min 22 sec) explains Howard Gardner’s Multiple Intelligences in simple terms. | Niki Craig | <https://youtu.be/kBbmerzR2JI> |
|  | Worksheet | Howards Gardner’s Multiple Intelligences Test. This printable worksheet is very useful for identifying areas of strength and interest. The test is aimed at children and it would be important that any reference to children would be removed from the header & footer.  This resource, however, is quite wordy, so would not be suitable for learners with literacy difficulties. | Howard Gardner | <https://kids.lovetoknow.com/wiki/Multiple_Intelligence_Test_for_Children> |
|  | Worksheet | A simpler version of Howards Gardner’s Multiple Intelligences test. (PDF) | J. Diane Connell, Scholastic Teaching Resources | <http://www.ctevh.org/Conf2015/Workshops/412/412a.pdf> |
| Name some steps needed to achieve a personal learning goal within a specific time | Video | Here is a YouTube video (1 min 15 sec) outlining the basics of SMART Goal setting. | [www.flikli.com](http://www.flikli.com) | <https://youtu.be/yA53yhiOe04> |
|  | Website | This website is great for explaining the concept of SMART Goals. It includes a SMART Goal template that can be downloaded for free. Best that | Emily Esposito  Smartsheet.com | <https://www.smartsheet.com/blog/essential-guide-writing-smart-goals> |
|  | Handbook | This is wonderful, concise handbook outlines strategies to identify **SMART goals**, follow an **Action Plan** & **Reflect** on learning. It includes a worksheet on each topic. | Colorado Education Initiative | <http://www.coloradoedinitiative.org/wp-content/uploads/2014/10/GS-6-8-model.pdf> |
|  | Work Sheets | Here is quite a large selection of work sheets in PDF format to down load for free. These are excellent for all aspects of goal setting including:   * Action for goals * Better work habits * Feedback not failure | <https://orksheetplace.com> | <https://worksheetplace.com/index.php?function=DisplayCategory&showCategory=Y&links=2&id=279&link1=31&link2=279> |
|  | Work sheet | This is a worksheet in PDF format. It allows learners to check their actions and progress towards achieving their goals. | [www.essentiallifeskills.org](http://www.essentiallifeskills.org) | <http://www.essentiallifeskills.org/resources/Goals%20Sheet.pdf> |
| Perform steps needed to perform a plan | Worksheet | This is a worksheet in PDF format. It allows learners to plan/record their weekly schedule. | [www.essentiallifeskills.org](http://www.essentiallifeskills.org) | <http://www.essentiallifeskills.org/resources/WeeklySchedule.pdf> |
|  | Worksheet | This is a worksheet in PDF format. It allows learners to structure their action plan. | [www.essentiallifeskills.org](http://www.essentiallifeskills.org) | <http://www.essentiallifeskills.org/resources/ActionPlan.pdf> |
|  | Work Sheet | This simple work sheet allows students to check their goal setting progress. | Your Therapy Source | <https://www.yourtherapysource.com/freeselfimprovement.html> |
|  | Video | This funny video on procrastination is great initiating discussion on the topic. (1 min 20 sec) | Lev Yilmaz | <https://youtu.be/4P785j15Tzk> |
| Describe feelings/opinion needed on the plan at the end of a specified time | Work Sheet | This is a set of printable sheets depicting cartoon character faces with different emotions. It is very good for prompting discussion on emotions. | [Community Access Programme - Lancaster University - FAHED](http://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=2&cad=rja&uact=8&ved=0ahUKEwjOwoau0MbaAhUCW8AKHRxWBNsQFgg4MAE&url=http%3A%2F%2Fwww.lancaster.ac.uk%2Ffss%2Fprojects%2Fedres%2Fcap%2Fprojects%2Ffahed.htm&usg=AOvVaw2q7pnz6bxma9Kr3EE3Y8LY) | <http://www.lancaster.ac.uk/fass/projects/reap/Documents/Family%20Activity%208.pdf> |
|  | Webpage | This page, from the wonderful GCFLearnFree.org website, may help the **tutor** initiate a discussion on learning from failure. | GCF Learn Free. org | <https://www.gcflearnfree.org/learning-tips/learning-from-failure/1/> |
| Personality/Interest/Skills Tests | Website | This is an excellent website for anyone interested in exploring personality/interest/skills tests. Tutor can explore with learners. | Ireland’s National Career Guidance Website | <https://careersportal.ie> |
| Ice breakers | Book | This downloadable book contains a huge variety of games and ice-breakers. | Peter R. Garber | <https://www2.cortland.edu/dotAsset/c1a635f6-a099-4ede-8f15-79b86e315088.pdf> |
| Motivation | Posters | This is a great website for many aspects of learning/teambuilding/personal development. The specific link here is to a set of free, downloadable, motivational posters. | www.businessballs.com | <https://www.businessballs.com/amusement-stress-relief/free-posters-motivational-inspirational-funny-184/#toc-1> |

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| **Component: Personal Decision Making** | **Code:** **M1L12** | **The resources below support the development of:**   * **Decision Making Skills** * **Motivation** * **Reflective Skills** * **Nutritional Awareness** * **Intrapersonal Awareness** * **Communicative Skills** * **Career Planning Skills** * **Graphic Organiser Skills** * **Media Literacy** * **Self-esteem and Confidence Building** * **Understanding Personal Values and Morality** * **Understanding the Role of Influencers** |  |  |
| **Theme/Topic: Personal Decision Making** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| Everyday decision making | Website | A short story exploring a difficult choice, both options with varying degrees of sacrifice for use by tutor. | INSPIRER | <http://inspiringshortstories.org/decision-making/> |
|  | Website | A short story about choosing the right person for the job**.** W**ork for the betterment of the society at large…** | Relishquotes | <https://relishquotes.com/blog/short-inspirational-story-making-the-right-choice/> |
|  | Website, interactive animation | This is a motivational video that encourages people to have a dream and to stick to it. The speaker decides to become a bobsledder to fulfil his Olympic dreams. | islcollective | <https://en.islcollective.com/video-lessons/olympic-decisions>  <https://youtu.be/imGfY8nb9jw> |
|  | Word doc | Menu choices, interactive task. Students can make decisions about choosing items from a menu. | Tes | <https://www.tes.com/teaching-resource/addition-worksheet-choosing-items-from-a-menu-6425813> |
|  | PPT | Cartoon character describes everyday choices he has made and encourages children to think about their own choices. Explores how we can make good choices. Colourful, simple, interactive slides (edit for adults) | Tes | <https://www.tes.com/teaching-resource/making-choices-6397830> |
|  | Video | Basic introduction to the importance of decision, animated video | [Innoventure NMSU](https://www.youtube.com/channel/UCnFoc3ydRctfxSGoBsgu7sg) | <https://www.youtube.com/watch?v=QlmEfeC1DO4> |
|  | Website, worksheets, posters | RMC Health and a team of educators have created skill models for seven key health skills aligned with the National Health Education Standards and their indicators. Models for grade spans PK-2, 3-5, 6-8, and 9-12 focusing on the skills of analysing influences (INF), accessing information (AI), interpersonal communication (IC), decision making (DM), goal setting (GS), self-management (SM) and advocacy (AV) are available. | RMC Health | <http://rmc.org/health-education-skills-models/health-skills-decision-making-2/> |
|  | Lesson plan with worksheets | The decision-making model for grades 6-8 involves five basic steps. It is a good idea to have these steps posted in the room or available as a handout. The model and an example should be shared with students during the teaching of the skill. By understanding how to make good decisions students will learn that they will have more control over their lives. | coloradoedinitiative | <http://www.coloradoedinitiative.org/wp-content/uploads/2014/10/Grade-MS-Decision-Making.pdf> |
|  | Website, worksheet link | Worksheet exploring 5 recent decisions made and barriers experienced. Clear template, may be useful for tutor to simplify for learners. | Usfca.infastructure | <https://usfca.instructure.com/courses/1339898/files/53888380/download?verifier=FFwrfnfRAcdfSEP4I4fhvrSBNF82nyYTHwFNln7F&wrap=1> |
|  | Word doc, lesson plan | List of 6 group activities to encourage and explore group decision making | PDST | <http://www.pdst.ie/sites/default/files/Sample%20SPHE%20Lesson%20-Decison-making%20-%203rd4th%20class%20_Autosaved__1.docx> |
|  | Workbook | Executive Functioning Skills for  Adult Living- making choices and decisions for living independently, useful for intellectual disability and literacy challenges. Log-in required to access resources. | Teacherspayteachers.com | <https://www.teacherspayteachers.com/Product/Daily-Living-Skills-Doing-the-Laundry-Workbook-423396> |
|  | Video | An example of how using decision skills can help group decision making. | [DecisionEducation](https://www.youtube.com/channel/UC-Tp6tCYJXnH4uJupvCEkJA) | <https://www.youtube.com/watch?v=rIfoIkJzlxU> |
|  | Video | Casey and Reece talk about making choices and decisions. This is a DVD designed to teach young people with intellectual disability about choice and decision making. | [SpeakOutAdvocacy](https://www.youtube.com/channel/UCJm-hoOioRsos0IqQahijBg) | <https://www.youtube.com/watch?v=WmWO3E1kJT4> |
|  | Video | Choices- A Short Film About Making the Right Choice (Heyday UK). The film features teenagers making a right choice. | Michella | <https://www.youtube.com/watch?v=IGX1XZb-lFY> |
|  | Video | Motivational video on simplifying daily decisions to make for a better life | [Kevin Eikenberry](https://www.youtube.com/channel/UChP60SSSFCyvKksRIY0GD7A) | <https://www.youtube.com/watch?v=AB9TYYz_c7o> |
|  | Word Doc | Visuals for good and bad choices, suitable for individuals with special needs and ESL | islcollective | <https://en.islcollective.com/resources/printables/worksheets_doc_docx/green_and_red_choices/elementary-a1-classroom/27471> |
|  | Worksheet | Using breakfast cereal options, a group discusses the pros and cons of mixing two together. A free worksheet, tutor must sign up but then has free access to multiple worksheets. | Teacherspayteachers.com | <https://www.teacherspayteachers.com/Product/Decision-Making-Mix-and-Match-Cereal-Treat-Activity-2951184> |
|  | Worksheet | Practical task for snap decision making | islcollective | <https://en.islcollective.com/resources/printables/worksheets_doc_docx/will-offering_help-snap_decisions/future-simple-tense/80724> |
|  | PDF | Speaking cues with visual supports for discussing different options in transport | GATE | <http://www.bridge-online.cz/wp-content/uploads/_GATE/2013-1014/G-CARD-2013-09-Transport.pdf> |
|  | Poster | Food pyramid – visual resource for starting discussions about food choices. | Department of Health | <http://www.healthyireland.ie/wp-content/uploads/2016/12/M9617-DEPARTMENT-OF-HEALTH_Food-Pyramid-Poster_Simple-Version.pdf> |
|  | Website | Website with multiple active links to informative visuals on healthy food choices including food plans and fact sheets. | Healthyireland.ie | <http://www.healthyireland.ie/health-initiatives/heg/> |
|  | PDF | Easy to follow PDf exploring healthy food choices, aid to help understand the food pyramid | Healthyireland.ie | <https://www.healthpromotion.ie/hp-files/docs/HPM00796.pdf> |
|  | PPT | Strongly visual PowerPoint exploring why people make specific food choices | islcollective | <https://en.islcollective.com/resources/projectables/powerpoints_ppt_pptx/food_choices/present-simple-food/36149> |
|  | Website lesson plan with worksheet. | Concept: Know thyself – Develop a better understanding of themselves Competencies: Learning effective strategies for positive interaction with others Plan before deciding / Deciding and acting / Monitoring and evaluating | docs.education.gov.au | <https://docs.education.gov.au/system/files/doc/other/thinking_wisely_-_decision_making_wheel_0.pdf> |
|  | PDF | 7 step decision making approach, 3 worksheets to explore different scenarios | http://www.srcp.org | <http://www.srcp.org/pdf_versions/decisionDD.pdf> |
|  | PDF | Decision making worksheet with relatable scenarios, adaptable to student’s comprehension | EDB, Halpern, Ku, Hau & Ho | <http://cd1.edb.hkedcity.net/cd/pshe/download/Content_7455/eng/worksheet4_eng.pdf> |
|  | PDF Creator | A decision-making diagram provides a visual layout for organizing the possible alternatives to a problem along with their advantages and disadvantages. You can specify how many alternatives are available for the problem being investigated | Worksheetworks.com | <https://www.worksheetworks.com/miscellanea/graphic-organizers/decision.html> |
|  | PDF | Decision making worksheet aimed at teasing out the pros and cons of the options available in a chosen situation | accessproject.colostate.edu | <https://accessproject.colostate.edu/assets/PDFs/decision_making_worksheet.pdf> |
|  | PDF | Career Decision Making Worksheet. Named links not active. Asks learners to consider what their interests etc. are and to relate those to career areas. Good for launching discussion on this. | http://www.bls.gov/oco | <https://www.uwlax.edu/globalassets/offices-services/academic-advising-center/career-decision-making-worksheet.pdf> |
|  | Image, word doc | Decision Making Agreements record how someone with learning difficulties can be involved in decisions that affect their life | Sarah | <http://www.citn.org.uk/resources/decision-making-agreement-completed/> |
|  | Website, word doc | Decision making matrix worksheet. Lots of graphic organisers in different formats to try with learners. | MargD | <http://margdteachingposters.weebly.com/graphic-organizers.html> |
|  | Website, word doc | Downloadable and adaptable list template | Microsoft | <https://templates.office.com/en-US/Make-a-List-TM10000104> |
|  | Word doc | This is a TESiboard (http://tesiboard.co.uk) sorting and organising activity focusing on Vehicles. This method of organisation is sometimes referred to as a branching database or a Key. A difficult concept to teach, this activity helps structure the sorting by allowing small numbers of items to be sorted first by asking yes/no questions. Introduce additional items by moving them down the tree, adding questions as required to further separate the items. | Tes | <https://www.tes.com/teaching-resource/vehicles-decision-tree-6047219> |
| Influences on decision making |  |  |  |  |
|  | PPT | The decision-making process lesson, explores the decision-making process in everyday choices | Clare2470 | <https://www.tes.com/teaching-resource/decision-making-6196676> |
|  | Lesson plan, PDF | The aim of the lesson is to consider the 4 basic things that we need to survive and think about people who don’t even have those necessities | Peace child international | <https://www.tigweb.org/images/tiged/docs/activities/267.pdf> |
|  | Adobe acrobat doc | To help participants distinguish between personal needs and wants and consider how things are used or wasted. | Smart by nature | <https://www.ecoliteracy.org/sites/default/files/CEL-Needs-Wants-Activity.pdf> |
|  | PPT | Lesson plan on differentiating between needs and wants, visually engaging for special needs and literacy difficulties | missmcwizz | <https://www.tes.com/teaching-resource/wants-and-needs-6290359> |
|  | Word doc | Classroom worksheet that can be downloaded when a tutor signs up for free to islcollective. Good visuals and ease of use for special needs and ESOL | corleshay | <https://en.islcollective.com/resources/search_result?Tags=wants+or+need&type=Printables&searchworksheet=GO> |
|  | Word doc | This worksheet will need to be supported with teaching - the idea of it looks at identifying aspects of a student’s life that could help to improve their social situation and motivation towards attendance and behaviour | jamsootcheese | <https://www.tes.com/teaching-resource/hierachy-of-needs-6278418> |
|  | Word doc | Explains what the hierarchy is and how it can be linked to advertising products to an audience in the media! | Lozzer111 | <https://www.tes.com/teaching-resource/maslow-s-hierarchy-of-needs-6441763> |
|  | Website lesson plan | Participants make cards illustrating things they think they need and want to be healthy and happy. Groups then sort these cards into "wants" and "needs." The whole group discusses what it means when people’s basic needs are not met and the relation of basic human needs to human rights. | Nancy Flowers | <http://hrlibrary.umn.edu/edumat/hreduseries/hereandnow/Part-3/Activity3.htm> |
| Self-esteem and decision making |  |  |  |  |
|  | Video | Linking self-esteem and decision-making skills. Short (1m 34s) talk. | [Douggy Mac](https://www.youtube.com/channel/UC1X5irlnJTorKb4T8PZrODA) | <https://www.youtube.com/watch?v=jWf-m_jOMho> |
|  | Video | School didn’t work out for Jamie. He got into trouble because he didn’t have a focus in life. With the right help he was able to exceed his own expectations by becoming the first member of his family to go to university. | [BBC Northern Ireland](https://www.youtube.com/channel/UCAwTHwWoyi_2jgB_lQjyIyg) | <https://www.youtube.com/watch?v=0WkdHMefetw> |
|  | Video | Engaging animation presentation on the decision-making process | [Beatrice Abinal](https://www.youtube.com/channel/UCLd-52TXSvhBoDt-2PZD1Dg) | <https://www.youtube.com/watch?v=91UolDf7ejU> |
|  | Video | Confidence-driven decision-making: Peter Atwater | Tedxtalks | <https://www.youtube.com/watch?v=TtJFBGooVeE> |
| Working through a moral dilemma |  |  |  |  |
|  | Word doc | To learn about what a moral dilemma is, understand why they are hard to solve, and consider the kinds of factors that must be considered when trying to solve them. | Tes | <https://www.tes.com/teaching-resource/moral-choices-and-dilemmas-6426437> |
|  | Video | Moral decision making is the ability to produce a reasonable and defensible answer to an ethical question- animated video exploring ethical decision making, not suitable for special needs or ESOL |  | <https://www.youtube.com/watch?v=2mhkAUEmLVo> |
|  | Word doc | Personal values and ideals, visual. Good discussion starter with relevant vocabulary. | Arianey | <https://en.islcollective.com/resources/printables/worksheets_doc_docx/personal_values_and_ideals/human-rights-racism/20484> |
| Stages of decision making |  |  |  |  |
|  | Word doc | Speaking activity - Pupils see fifteen stages of a relationship. They must put them in the order they see fit. Of course, there is much room for discussion. | hannserv | <https://en.islcollective.com/resources/printables/worksheets_doc_docx/stages_of_life/feelings-stages-of/55046> |
|  | Ms Excel | Adaptable excel doc for decision making stages. Free resource. Useful for tutor planning. | B2T Training | <https://www.b2ttraining.com/business-analysis-templates/decision-making-process/> |
|  | Ms excel | Decision making excel template. Decision log documenting how decisions were reached at each stage. May be useful for tutor to distil for learners.  If file does not open due to PC restrictions, copy and paste address into address bar. | CMS.gov | <https://www.cms.gov/Research-Statistics-Data-and-Systems/CMS-Information-Technology/XLC/Downloads/DecisionLog.xlsx> |
| Difficult decisions |  |  |  |  |
|  | Worksheet | Explore the Positive and negative consequences of making a decision. Clear and easy to follow. | www.etr.org/recapp/ | <http://recapp.etr.org/recapp/documents/freebies/MkgDecisionWrk200211.pdf> |
|  | Worksheet | Patient care decision making. Uses a series of questions to check the soundness of decision and decision-making process. | Homecare institute | <http://www.homecareinstitute.com/hcifiles/Patient_Education/Decision_Making_Worksheet_PTG.pdf> |
|  | Video | Good and bad choices, aimed at children and or individuals with special needs. Uses puppets to explore decision making. | tinygrads | <https://www.youtube.com/watch?v=f74rawHBfac> |
|  | Video | Strongly visual presentation that explore the factors that influence food choices. | [umnkinpublic](https://www.youtube.com/channel/UC1rt3L0LAhyLFESpRnL4Kvg) | <https://www.youtube.com/watch?v=Jm0FqA4vTC0> |
| Visuals |  |  |  |  |
|  | Visuals | Useful for brainstorming activities and developing learner materials. | Google images | <https://www.google.ie/search?hl=en&site=imghp&tbm=isch&source=hp&biw=1097&bih=543&q=decision+making+styles&oq=decision+making&gs_l=img.1.8.0l10.1749.5150.0.11605.15.15.0.0.0.0.76.958.15.15.0....0...1.1.64.img..0.15.956.fcUhb_gOQGM> |
|  | Posters | Useful for brainstorming activities and developing learner materials. | Google images | <https://www.google.ie/search?hl=en&biw=1440&bih=720&site=imghp&tbm=isch&sa=1&ei=15fgWvZjw8PAAoHqp_gC&q=decision+making+posters&oq=decision+making+posters&gs_l=psy-ab.3..0.80791.81608.0.81770.7.5.0.2.2.0.193.583.2j3.5.0....0...1c.1.64.psy-ab..0.7.637...0i30k1j0i8i30k1j0i24k1.0.XQffS-C-KeE> |
|  | Inspirational quotes | Useful for brainstorming activities and developing learner materials. |  | <https://www.google.ie/search?hl=en&site=imghp&tbm=isch&q=decision+making+posters&chips=q:decision+making+posters,g_4:motivational,online_chips:inspirational+quotes&sa=X&ved=0ahUKEwj6-LPl2NXaAhWNY1AKHfpRBhgQ4lYIKCgB&biw=1440&bih=720&dpr=1> |
| Influencers |  |  |  |  |
|  | PPT | A PPT presentation which discusses the influence of the media, looking at exaggerated headlines, its role in perpetuating gender stereotypes and its influence on body image for men and women. Good for informing discussion on the role of media in decision making. | oranged | <https://www.tes.com/teaching-resource/the-influence-of-the-media-11345850> |
|  | Word doc | This lesson focuses on the different ways in the mass media influences our values, whether that is in a positive or negative manner. This is designed to take place over two 50-minute lessons. | Occold25 | <https://www.tes.com/teaching-resource/how-the-media-influences-our-ideas-11094421> |
|  | PPT | PowerPoint exploring familial influences in decision making. Useful for tutor preparation as text is above level 1. | jenningh | [www.mccc.edu/~jenningh/Courses/documents/FamilyRelationships.ppt](http://www.mccc.edu/~jenningh/Courses/documents/FamilyRelationships.ppt) |
|  | Book | The 6 Most Important Decisions You'll Ever Make: A Guide for Teens: Updated for the Digital Age | Sean Covey | <https://www.amazon.co.uk/Most-Important-Decisions-Youll-Ever/dp/1501157132/ref=sr_1_2?ie=UTF8&qid=1524839181&sr=8-2&keywords=decision+making+teenagers> |
|  | Book | Explores multiple topics for everyday decision making. Teacher resource not for classroom practice | Jonathan Baron, Katherine Laskey, Rex V. Brown | <https://www.sas.upenn.edu/~baron/papers.htm/dmtext.htm> |

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| **Component: Non-verbal communication** | **Code: M1C04** | **The resources below support the development of:**   * **Communicative Skills** * **Literacy Skills** * **Social Sight Words** * **Sequencing Skills** * **Personal Awareness** * **Reflective Skills** |  |  |
| **Theme/Topic: Non-verbal communication** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| Securing and maintaining attention. | Website | Gives lots of information about different types of non-verbal communication – body language, facial expression, gesture, intonation etc. for tutor use. | SkillsYouNeed | <https://www.skillsyouneed.com/ips/nonverbal-communication.html> |
| Communicate an idea/request non-verbally. | Game | Downloadable charades cards. Good way to get students thinking about non-verbal communications in a light-hearted way and how to convey meaning non-verbally. Registration is free and some content. | The Game Gal | <https://www.teacherspayteachers.com/Product/List-of-phrases-for-charades-1387013> |
| Communicate an idea/request non-verbally. | Game | More traditional charades topic ideas, including films, books and TV shows. American slant so not all the titles would be familiar here. | Kristy Callan | <https://hobbylark.com/party-games/Charades-Ideas-for-Adults> |
| Respond to body language. | Infographic | Includes cartoon infographic about interpreting body language. Would be good to get a discussion going on what is included in the idea of body language. | Oliur, UltraLinx | <https://theultralinx.com/2012/04/tips-understanding-decoding-body-language/> |
| Respond to body language. | Film | “Yu Ming Is Ainm Dom”. Short film, with not too much dialogue, so plenty of opportunity to focus on how much we learn via non-verbal comms. | Daniel O’Hara | <https://g.co/kgs/g7SkhB> |
| Respond to common place signs and symbols. | Book | Road signs are dealt with in chapter 9, p. 130. | NALA | <https://www.nala.ie/sites/default/files/publications/Read%20Write%20Now%20Learner%20Workbook%203_1.pdf> |
| Respond to common place signs and symbols. | Book | 18-page booklet dealing with safety signs and how to interpret them. | NALA | <https://www.nala.ie/sites/default/files/publications/Steps%20to%20safety%20-%20module%20one%20-%20safety%20signs_1.pdf> |
| Respond to common place signs and symbols. | Book | Rules of the Road. The text is not suitable for Level 1, but the pictures of the signs are directly relevant to the Irish system. | RSA | <http://www.rotr.ie/Rules_of_the_road.pdf> |
| Respond to common place signs and symbols. | Book | Sample from communications workbook for level 1 from <https://educoot.org/>, full book on sale also. P. 18 has images/signs relating to staying in a hotel. | Educoot | <https://static1.squarespace.com/static/53e7dd4fe4b0fb1fc62c318a/t/5a4a6bd7652deacfabf549b4/1514826715888/Sample_Comm_1+.pdf> |
| Respond to common place signs and symbols. | Website | American website focusing on UK traffic signs – most of these signs are the same in Ireland. Can print off the list of signs. | Easy Pace Learning | <https://www.easypacelearning.com/all-lessons/learning-english-level-1/1227-british-road-signs-with-pictures-and-english-words> |
| Sequencing images/symbols associated with a familiar activity or process. | Book | ESOL book, with a small amount of resources suitable for developing non-verbal recognition. Bingo (p. 67) and Concentration (p. 75) might make good games for class. | NALA | <https://www.nala.ie/sites/default/files/publications/Paving%20the%20way%20-%20materials%20and%20resources%20for%20ESOL%20tutors_1.pdf> |
| Sequencing images/symbols associated with a familiar activity or process. | Pictures | Pinterest link to collection of cartoon pics (some childish, some not) of sequenced daily activities. Use Jing to copy the pictures for enlarging and printing. <https://www.techsmith.com/jing-tool.html> | Sonia dos Reis Rocha Fernandes | <https://www.pinterest.ie/pin/685321268266010901/> |
| Sequencing images/symbols associated with a familiar activity or process. | Book | Has photo picture stories that could be cut up to show sequencing of story about buying a school uniform (p54). Also, pictures about a child’s school day (p83). | NALA | <https://www.nala.ie/sites/default/files/publications/The%20Big%20Picture%20-%20materials%20and%20resources%20foe%20ESOL%20tutors_1.pdf> |
| Sequencing images/symbols associated with a familiar activity or process. | Book | Has photo picture stories that could be cut up to show sequencing of story about going to a library. Also has pictures that could be useful for shopping and going to the chemist/doctors. | NALA | <https://www.nala.ie/sites/default/files/publications/The%20Big%20Picture%202%20-%20materials%20and%20resources%20foe%20ESOL%20tutors_1.pdf> |
| Understanding body language. | Video | Pretty detailed video about interpreting body language, more for the tutor than for showing the whole thing in class. | Derek Banas | <https://youtu.be/ZUXtGQkJcQ0> |

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| **Component: Personal Care** | **Code:** M1H14 | **The resources below support the development of:**   * **Awareness of Personal Hygiene** * **Awareness of Dental Health** * **Understanding of Health and Well-being** * **Understanding of Infective Process and Treatment** * **Literacy Skills** |  |  |
| **Theme/Topic: Personal Care** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| Personal Care Practices | Pdf  Tutor Resources  Worksheets | A head to toe teaching resource for teaching personal hygiene. Worksheets, lesson plans and teacher notes are contained in this document. | HSE | <https://www.hse.ie/eng/health/hl/youth/dontsweatit.pdf> |
|  | Website | Question and short answers in relation to good oral care. Useful for tutor preparation and discussion. | Oral Health Foundation | <https://www.dentalhealth.org/tell-me-about/topic/caring-for-teeth/caring-for-my-teeth> |
|  | Podcast | Dentist Paul O’Dwyer discusses all aspects of good dental care for adults. | RTE- The Lifestyle Show | <https://www.rte.ie/lifestyle/2018/0320/948734-dentist-paul-odwyer-top-dental-tips-for-parents-kids/> |
|  | Website | Article exploring the relationship between oral and general health. Useful for tutor preparation. | Dental Health Foundation | <https://www.dentalhealth.ie/dentalhealth/causes/general.html> |
|  | Online Games | Online games, all related to the Colgate© hero’s. | Colgate | <https://www.colgate.com/en-us/bright-smiles-bright-futures/program-materials/for-kids/games> |
|  | You Tube | Short video showing how to brush teeth correctly. | Howdini | <https://www.youtube.com/watch?v=8B6oIZv5jeo> |
|  | Website | Information on how the benefits of flossing your teeth, pros and cons of flossing. This website also has links to other relevant information at the end of the page. Useful for tutor preparation. | Oral-B | <https://oralb.com/en-us/oral-health/solutions/floss/benefits-flossing-your-teeth> |
|  | Website | Information on the treatment of minor infections. Useful for tutor preparation. | HSE | <https://www.hse.ie/eng/health/az/c/cuts-and-grazes/treating-cuts-and-grazes.html> |
|  | Teacher Notes  Worksheets | Lesson plans and teaching ideas in relation to infection. Worksheets/Quiz/ Discussion and activities are also contained in this document. | Kids health in the classroom | <http://classroom.kidshealth.org/classroom/9to12/personal/hygiene/germs.pdf> |
|  | Website | Website containing information about antibiotics, how they work, side effects, allergic reactions. Useful for tutor preparation. | Irish health | <http://www.irishhealth.com/article.html?id=853> |
|  | Website | Type and treatment of different common skin infections. Useful for tutor preparation. | Healthline | <https://www.healthline.com/health/skin-infection#treatment> |
|  | Worksheet | How infection spreads worksheet – explores how infection spreads. Could include visual prompts to assist learners at this level. | tes | <https://www.tes.com/teaching-resource/spreading-infection-worksheet-6175367> |
|  | Lesson Plans  Worksheets | A helpful teaching resource with lesson plans and worksheets. All lessons are based on a 45-minute session. The most relevant pages for this Learning Outcome are pages 35-91 | e-bug | <http://www.e-bug.eu/lang_eng/primary_pack/downloads/Scottish%20Junior%20Pack%20Complete.pdf> |
| Skills to promote personal hygiene | Pdf | A detailed document to personal care, hygiene and grooming. This document covers hair care, nail care, foot care, genital care and dental care. Useful for tutor preparation. | unknown | <http://www.cmhcm.org/provider/centrain/Training_Units/Personal_Care_Hygiene_Grooming.pdf> |
|  | YouTube | A short video showing the importance of being clean. Animated video designed for children. | Venus Kids World | <https://www.youtube.com/watch?v=xcYs6ubgrug> |
|  | Teacher Resource | Module 2 focuses on haircare and module 4 focuses on body care. The resource identifies areas which should be covered in the class and has a list of resources at the end of each module. | LCA | <http://pdst.ie/sites/default/files/Hair%20&%20Beauty.pdf> |
|  | Website | Importance of good personal hygiene to prevent the spread the risk of infection. Useful for tutor preparation. | Better Health | <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/personal-hygiene> |
|  | Pdf  Book €36.90 | This is a sample 21-page document showing a sample of materials covered in Level one personal care book. This book is available to purchase and covers all areas of personal hygiene. | Educoot | <https://static1.squarespace.com/static/53e7dd4fe4b0fb1fc62c318a/t/5a4e3e4e0d9297b7532eff78/1515077213616/Sample_PC_1.pdf> |
| Personal Care Products | Website | List of oral care products with additional links for further information. | Dental Health Ireland | <https://www.dentalhealth.ie/dentalhealth/teeth/products.html> |
|  | PowerPoint Presentation  Article | Presentation showing types of personal care products.  This article identifies personal care products for teenage girls but can be adopted to suit the target group | [AccessNano](https://www.slideshare.net/AccessNano?utm_campaign=profiletracking&utm_medium=sssite&utm_source=ssslideview)  Charmaine Wilson | <https://www.slideshare.net/AccessNano/personal-care-products-module-presentation-782090>  <https://healthyliving.azcentral.com/list-of-personal-hygiene-items-for-teen-girls-12558353.html> |
|  | Webpage | Information on the list of personal care products and the reasons why we use them. Useful for tutor preparation. | Health wellness | <http://healthxwellness.com/alternative/personal-hygiene/list-essential-personal-hygiene-products/> |
|  | Pdf  Tutor Resources  Worksheets | A teaching resource with worksheets included. Section 4 is most relevant for this topic. | HSE | <https://www.hse.ie/eng/health/hl/youth/dontsweatit.pdf> |

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| **Component: Food Choice and Health** | **Code: M1H16** | **The resources below support the development of:**   * **Nutritional Literacy** * **Personal Nutrition Skills** * **Decision Making Skills** * **Reflective Skills** * **Money Management Skills** * **Personal Care Skills** * **Communicative Skills** * **Meal Planning & Cookery Skills** * **Numeracy (Measurement)** * **Food Hygiene** |  |  |
| **Theme/Topic: Food Choice and Health** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| Healthy Eating | Website | A short guide to understand food labels. Useful for tutor preparation and discussion about food labelling. | Croi | <https://www.croi.ie/heart-health/dietary-tips-advice/understanding-food-labels> |
|  | Website | A guide to the food pyramid. Colourful information brochure on the food pyramid using both text and graphics. | Health Promotion | <https://www.healthpromotion.ie/hp-files/docs/HPM00796.pdf> |
|  | Worksheet | Food pyramid quiz – selection of multiple choice questions for prompting classroom discussion. | Irish Pride | <http://www.irishpride.ie/images/uploads/documents/food-pyramid-worksheet-2-2.pdf> |
|  | Worksheet | Food Pyramid worksheet - activity that learners can do individually or as a group on making healthy sandwiches. | Irish Pride | <http://www.irishpride.ie/images/uploads/documents/food-pyramid-worksheet-1-2.pdf> |
|  | Website  Worksheet | Factsheets on food pyramid. Graphic of food pyramid and suggested meal plans for different ages.  Worksheet helping learners to classify different food groups - with relevant vocabulary on printable cards. | Healthy Ireland  Have Fun Teaching | <http://www.healthyireland.ie/health-initiatives/heg/>  <http://files.havefunteaching.com/free-worksheets/science/classifying-food-worksheet-2.pdf> |
|  | You Tube | A short cartoon style video showing the different food groups. | You Tube Balanced Diet | <https://www.youtube.com/watch?v=YimuIdEZSNY> |
|  | Website and worksheets | Contains a range of different pieces of information and links to information sheets and quizzes. Topics included Food pyramid, servings, healthy meals, staying hydrated. | Eatright eu | <http://www.eatright.eu/category/modules/balanced-diet/> |
|  | Worksheets | Workbook on healthy lifestyle with different worksheets. Pages 121-134 | NALA | <https://www.scribd.com/document/29228578/Read-Write-Now-Learner-Workbook-2> |
|  | Online Quiz | Rate how well you eat with this fun short online quiz. | Eat Right | <http://downloads.eatright.org/nnm/games/quiz/RatePlate2016.html> |
|  | Website | Information on healthy foods and a guide to portion sizes of each food group. Great visuals of portion sizes for healthy eating. | safefood | <http://www.safefood.eu/Healthy-Eating/What-is-a-balanced-diet/The-eatwell-plate.aspx> |
| Benefits of healthy eating | Website | Identifies the importance of eating well. Text is higher than Level 1 but useful for tutor preparation. | NHS Inform | <https://www.nhsinform.scot/healthy-living/food-and-nutrition/eating-well/health-benefits-of-eating-well> |
|  | Website | Short article on the Impact of healthy eating on your body - Useful for tutor preparation and could be adapted for learners. | safefood | <http://www.safefood.eu/Healthy-Eating/Food-Diet/Food-and-health.aspx> |
|  | Presentations  Lesson Plans  Worksheets | Detailed 65-page document contains tutor information, lesson plans and worksheets. Additional links are provided for further information. | Be inspired 4 life | <http://www3.hants.gov.uk/bi4l-theme5.pdf> |
|  | Pdf | Detailed booklet for tutors detailing the benefits of health eating. | Food Safety Authority Ireland | <https://www.fsai.ie/science_and_health/healthy_eating.html> |
|  | Pdf | Resource in relation to healthy eating for teenagers but can be adapted to suit each group. | Irish Heart Foundation  National Youth Council of Ireland | <http://www.youthhealth.ie/sites/youthhealth.ie/files/u5/HealthyActive-march10.pdf> |
|  | Worksheets | Website containing a variety of different exercises focusing on healthy eating. Includes resources such as a food diary template for use with learners. | Tes | <https://www.tes.com/teaching-resource/healthy-eating-6203002> |
|  | YouTube | Short video showing the benefits of healthy eating | Mason Schwerzler Project | <https://www.youtube.com/watch?v=h7RyP_UPE8s> |
|  | Pdf | Leaflet encouraging young people to eat healthily. Colourful with excellent visuals. | HSE itune into healthy food | <https://www.healthpromotion.ie/hp-files/docs/HPM00543.pdf> |
|  | Online calculator | Online BMI calculator for learners to try out.  If your computer cannot access it via the link, just copy and paste address into address bar. | Irish Nutrition & Dietetic Institute | <https://www.indi.ie/bmi-test.html> |
|  | Pdf | Information on eating healthily without costing a fortune.  If your computer cannot access it via the link, just copy and paste address into address bar. | Irish Nutrition & Dietetic Institute | <https://www.indi.ie/images/Healthy_Eating_Without_Breaking_the_Bank_2016.pdf> |
|  | Newspaper article | Article on the benefits for your body by changing certain foods. Useful for tutor to prompt discussion. | Irish Independent | <https://www.independent.ie/life/health-wellbeing/healthy-eating/five-healthy-food-swaps-36546575.html> |
|  | Website | Article on improving your skin using diet and foods to eat to hydrate the skin. Useful for tutor to prompt discussion. | BBC Good Food | <https://www.bbcgoodfood.com/howto/guide/eat-your-way-fabulous-skin> |
| Common characteristics of food | Pdf | Understanding what food cravings, we are about and why crave different food types e.g. salt, sugar etc. Useful for tutor to prompt discussion. | Cooking for Balance | <https://www.hormonesbalance.com/wp-content/uploads/2014/10/FoodCravingsGuide.pdf> |
|  | Website | Identifies the sensory characteristics of food - Useful for tutor to encourage discussion. | Kpratishnair | <https://ifood.tv/facts/4111-sensory-characteristics-of-food> |
|  | Pdf | Key characteristics of foods from the five main food groups including nutrients and serving suggestions. | Lancashire | <http://www.google.ie/url?sa=t&rct=j&q=&esrc=s&source=web&cd=13&ved=0ahUKEwiA_v712NjaAhUP26QKHXroBYsQFgheMAw&url=http%3A%2F%2Fwww3.lancashire.gov.uk%2Fcorporate%2Fweb%2Fviewdoc.asp%3Fid%3D79218&usg=AOvVaw2PUBTlZJrfK6XDegXRIFu3> |
|  | PowerPoint presentation | Detailed presentation on the characteristics of food. Scribd requires registration by the tutor to access the materials. | MK. Pengawasan Mutu | <https://www.scribd.com/presentation/272932885/Food-Characteristics> |
|  | PowerPoint presentation | Detailed presentation for teachers covering influences on food choices and characteristics of food. | Pearson Higher Education | <http://slideplayer.com/slide/4552907/> |
|  | Online activities | Online and printable quiz in relation to food allergies and intolerances – could be done as a group on whiteboard. | Study.com | <https://study.com/academy/practice/quiz-worksheet-characteristics-types-of-food-allergies-intolerance.html> |
|  | Worksheets | Large collection of worksheets covering a range of topics including portion size, food groups, food pyramid. | iSL Collective | <https://en.islcollective.com/resources/search_result?Tags=food%20groups> |
| Instructions for preparing a meal | Website | Step by step guide with videos for preparing meals. | Melissa Harrison  Christine Byrne | <https://www.buzzfeed.com/melissaharrison/beginner-dinner-recipes?utm_term=.ghK1Q30D05#.emAQjZl6lw> |
|  | Website | Hundreds of recipes with videos showing step by step preparation. Explanation of baking terms also included. | Odlums | <http://www.odlums.ie/baking-tips/> |
|  | Book  Current price €20 | Just Look and Cook- a visual guide of easy recipes for everyone. | NALA | <https://www.nala.ie/resources/just-look-and-cook-visual-guide-easy-recipes-everyone> |
|  | Interactive website | 101 square meals. This book is designed to address two considerations; budget and nutrition, providing easy to follow recipes for nutritious meals – and some treats! | Public Health Agency | <http://www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Healthy%20Eating/101_Square_Meals.pdf> |
|  | Blog | Food articles and recipes. Also, how to videos and meal plans. | Supervalu  Kevin Dundon | <https://supervalu.ie/real-food/blog> |
|  | Website  Online exercises | Names and pictures of the basic tools, utensils and equipment cooks use in the kitchen | Kittycgriffen | <https://quizlet.com/27228425/basic-kitchen-equipment-utensils-flash-cards/> |
|  | Online quiz | Cooking terms quiz – useful for developing vocabulary around cooking. | Test Q.com | <http://www.testq.com/education/quizzes/191-how-well-do-you-know-your-cooking-terms?retake=1> |
|  | Worksheets | Measurement worksheets, including capacity, conversions, temperature, etc. Graded and increasing in difficulty – select the grade and then ‘measurement’. | Math Aids | <http://www.math-aids.com/Measurement/> |
| Personal Food Hygiene & Safety Practices | Pdf  Lesson plan | Document covering all aspects of personal hygiene. Offers suggestions for discussion in group settings. | Safefood | <http://www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Education/safefood%20for%20life/ROI/section5.pdf> |
|  | Pdf | Food safety checklist – Useful for exploring safe/unsafe practices in food preparation and handling. | Unknown | <http://sop.nfsmi.org/Records/FoodSafetyChecklist.pdf> |
|  | Worksheets | Lots of printable worksheets on hygiene, including food hygiene. | English Worksheet Land | <https://www.englishworksheetsland.com/hygiene.html> |
|  | Worksheets | Printable workbook on food hygiene includes word searches and strong use of visuals. | Food Standards Agency | <https://docs.google.com/viewer?url=http://cookincastlewales.co.uk/sites/default/files/food_hygiene_4_c_activity_book.pdf> |
|  | PowerPoint Presentation | Presentation showing the importance of correct food handling, causes of food poisoning and good practice in the kitchen | Gina Bal | <https://www.slideshare.net/jeenha/kitchen-safety-and-sanitation?qid=a721fbb5-a105-434a-825a-da1c1237bf34&v=&b=&from_search=1> |
|  | Video | Video depicting how germs spread | Safe Food TV | <https://www.youtube.com/watch?v=G759a-UNOTE> |
|  | Notes and Worksheets | Preparing safe food which includes cross-contamination, chilling, cleaning, cooking etc. Strong us of visuals and picture processes. | Food Safety Ireland | <http://www.food-safety-ireland.com/pdf/Food%20Safety%20Full%20PAck.pdf> |
|  | Notes | Basic HACCP – short, clear (1 page) on the basics of HACCP food safety. | Food Safety Authority of Ireland | <https://static1.squarespace.com/static/53e7dd4fe4b0fb1fc62c318a/t/568b304de0327c722116a4a0/1451962445557/Principles+of+HACCP.pdf> |
|  | Notes | Food safety myths exposed – great resource for starting lively discussions about the do’s and don’ts of food. | Janna Tierney | <https://static1.squarespace.com/static/53e7dd4fe4b0fb1fc62c318a/t/568b3079e0327c722116a633/1451962489824/Food+Safety+Myths+Exposed.pdf> |
|  | Worksheets | Food safety and hygiene worksheets for children, however they can by adjusted to suit your group. | Food safety and hygiene | <http://printableworksheets.in/?dq=Food%20Safety%20And%20Hygiene> |

**Useful Organisations:**

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| **Name** | **Contact Information** |
| QQI | [www.qqi.ie](http://www.qqi.ie) |
| FESS | [www.fess.ie](http://www.fess.ie) |
| NALA | <https://www.nala.ie/> |
| BBC | <http://www.bbc.co.uk/skillswise/english> |
| YouTube | <https://www.youtube.com> |
| Skills Workshop | <https://www.skillsworkshop.org/> |
| Teacher Toolkit | <https://www.teachertoolkit.co.uk/> |
| Dental Health Foundation | [www.dentalhealth.ie](http://www.dentalhealth.ie) |
| HSE | [www.hse.ie](http://www.hse.ie) |
| Food Safety Authority of Ireland | [www.fsai.ie](http://www.fsai.ie) |
| Healthy Ireland | [www.healthyireland.ie](http://www.healthyireland.ie) |
| Irish Nutrition & Dietetic Institute | [www.indi.ie](http://www.indi.ie) |
| Health Promotion (HSE) | [www.healthpromotion.ie](http://www.healthpromotion.ie) |

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| **Name** | **Contact Information** |
| 'The Year-Round Organic School Garden', Kerry Earth Education and Irish Seed Savers Association, a guide to using your school grounds as a living classroom | [www.gortbrackorganicfarm.com](file:///\\CETB-FPSRV\OfficeFolders$\FESS\FET%20Development%20Resource%20Lists\Phase%205%20Resource%20List%20Level%201\ALOA%20Resource%20Lists%20June%202018\www.gortbrackorganicfarm.com) |

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| Our Trees – a guide to growing Ireland’s Native Trees in Celebration of a New Millennium’, this is an excellent source of information (available from the Tree Council of Ireland | [(www.treecouncil.ie)](file:///\\CETB-FPSRV\OfficeFolders$\FESS\FET%20Development%20Resource%20Lists\Phase%205%20Resource%20List%20Level%201\ALOA%20Resource%20Lists%20June%202018\(www.treecouncil.ie)) |

**Useful Resources:**

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| **Name** | **Contact Information** |
| Special Education Support Service | [www.sess.ie](http://www.sess.ie) |
| Assist Dyslexia | <http://www.assistdyslexia.ie> |
| BBC Skillswise | [www.bbc.co.uk/skillswise](http://www.bbc.co.uk/skillswise) |
| Quality & Qualifications Ireland (QQI) | <http://www.qqi.ie> |

**Useful Organisations:**

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| **Name** | **Contact Information** |
| **Open edu** http://www.open.edu/openlearn/money-management/management/leadership-and-management/making-decisions/content-section-0?active-tab=description-tab | [www.open.edu/openlearn](file:///\\CETB-FPSRV\OfficeFolders$\FESS\FET%20Development%20Resource%20Lists\Phase%205%20Resource%20List%20Level%201\ALOA%20Resource%20Lists%20June%202018\www.open.edu\openlearn) |

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| **MOOCs (Massive Online Open Courses)** | |
| Free access to online courses  Search regularly for new courses and new start dates | <https://www.mooc-list.com/> |