**General all-round food and exercise for children**

<http://kidshealth.org/en/kids/?ref=t2k_tab>

Kid’s Health is an interactive tool to engage and educate children in their own health and wellbeing. Designed for children over 5.

**General all-round food and exercise for teenagers**

<http://kidshealth.org/en/teens/food-fitness/?WT.ac=t-nav>

Teens Health is a helpful tool that provides a large range of answers to teenagers’ difficult questions. Everything from healthy diets, general health, alcohol consumption, disordered eating habits, physical activity and a healthy wellbeing

**General all-round food and exercise for parents**

<http://kidshealth.org/en/parents/?WT.ac=k2p_tab>

Kid’s health is designed for parents of young children who want all the answers. Keeping your children healthy as they grow and develop from a new born through to their teens.

**General all-round healthy eating**

<https://www.betterhealth.vic.gov.au/healthyliving/healthy-eating>

Better health, is a great entry point for a range of healthy eating and balanced diet related materials from Victoria State Govt, Australia. Contains recommendations and detailed information on all aspects of food and a healthy diet.

<https://www.sharecare.com/health/diet-nutrition>

Get some new food ideas using these nutritious recipes.