DIET & NUTRITION

This listing includes selected resources which are suitable for adults with an intellectual disability, or can be used in conjunction with adults with an intellectual disability.

To request an item please phone 9387 0458 or email us at library@activ.asn.au.

The complete library catalogue can be searched via the Activ Library website: http://www.activ.asn.au/library.

Advocate 4 Health : helping people with a learning difficulty to be healthier
Sidcup, Kent, Bexley and Bromley Advocacy : [2013].
This UK website has been designed with the help of people with an intellectual disability and is aimed at helping others with a disability understand information about being healthy. It has sections on healthy living, food, exercise, and mental health.
http://www.advocate4health.org.uk - Click link to access

Website

Confidence to cook / Shannon, Lesley.
[Cardiff], Confident Nutrition Ltd. : 2008. 22 p. ; 22 cm.
This cookbook was produced as a resource to teach basic cookery skills using healthy, nutritious recipes and is aimed at individuals and groups who cannot normally access traditional style cook books as it uses easy to follow step-by-step photographic format which allows inclusive use. It can be used to address barriers to good nutrition.

Deadly tucker : a selection of recipes from the FOODcents for Aboriginal and Torres Strait Islander People in WA Program / WESTERN AUSTRALIA. Department of Health.
East Perth, WA, Western Australia. Department of Health : 2007. 82 p. ; 30 cm
The recipes in this cookbook are healthy, easy to prepare and do not cost a lot of money. Step by step instructions are accompanied by pictures and each recipe has also been rated according to their suitability for people with diabetes. See also booklets "Deadly tucker" and "More deadly tucker".

www.activ.asn.au/library
**Disability - fibre and constipation** / BETTER HEALTH CHANNEL.
This fact sheet outlines some causes of constipation in people with disabilities and how fibre in the diet can be of assistance.

Website

**Easy cook book** / Graves, Joy. / ROYAL MELBOURNE INSTITUTE OF TECHNOLOGY.
CC 641.51 EAS P03344 P03350

**Easy cook book 2** / ROYAL MELBOURNE INSTITUTE OF TECHNOLOGY.
CC 641.51 EAS P03359 P07167

**Easy cook book, 3** / ROYAL MELBOURNE INSTITUTE OF TECHNOLOGY.
Independent Living Skills Project.
Melb., Independent Living Skills Project, Department of Food Science RMIT : 1992. 64p. + 30 cards
CC 641.51 EAS P03371 P03372

**Easy cook book 4** / ROYAL MELBOURNE INSTITUTE OF TECHNOLOGY.
Independent Living Skills Project.
Melbourne, Independent Living Skills Project, Department of Food Science RMIT : 1998. 52p., col. ill., + 24 cards in plastic pouch
Aimed at promoting independent living skills, the cookbook contains 24 recipes based on the concept of step by step cooking. The fourth volume in the series contains snack foods and quick and easy recipes.
CC 641.51 EAS P07980 P07981
Easy cook book No. 5 / INDEPENDENT LIVING SKILLS.
Burwood, Vic., Independent Living Skills Project, Department of Food Science RMIT : 2010. 59 p., col. ill., + 28 cards in plastic pouch

Aimed at promoting independent living skills, the cookbook contains 28 recipes based on the concept of step by step cooking. The recipes have been divided into ten categories to cover a range of recipes for easy menu planning. Symbols have been used to indicate vegetables and herbs that can be easily grown as demonstrated on DVD "Let's grow vegetables" (P13350, P13351) which can be used in conjunction with this cookbook. Also included are shopping cards for each recipe.

CC 641.51 EAS P13348 P13349

The easy-cook challenge : three cooks, three tasty meals / DISABILITY SERVICES COMMISSION.
Myaree, Disability Services Commission : 2007. 1 DVD (10 min.)

This DVD, produced locally in WA, shows three people with intellectual disabilities participating in a cooking challenge. It is aimed at showing good shopping practices, and cooking as being quick, easy and fun. It shows shopping for food at the supermarket, choosing healthy products, kitchen safety and hygiene, food preparation and cooking. Afterwards a group sits down to share the meals prepared, showing meal time as a fun and sociable activity.

CC 641.51 EAS P12195 P12487

Easyhealth
London, easyhealth.org.uk : [2013].

This website provides access to easy language information and free downloadable pamphlets on a wide range of health related subjects including health problems and illnesses, staying healthy and getting help with your health. http://www.easyhealth.org.uk - Click link to access

Website

Eat right for a long and healthy life
Eugene, Or., IRIS Media : 2008. 1 DVD

Suitable for people with an intellectual disability, this DVD includes nine lessons about eating healthy well and staying healthy. Topics covered include: healthy eating; calories and metabolism; food groups and nutrients; healthy and unhealthy fats; food labels; serving sizes; water and why it's important; digestion; activity and exercise. The material is presented in both dramatised and animated formats, and is suitable for group viewing. Activity sheets are filed on the DVD ready to print and use with each lesson.

CC 641.5 EAT P12209
Eating and drinking / BRITISH INSTITUTE OF LEARNING DISABILITIES (BILD)
Kidderminster, Worcs., BILD Publications: 1998. 1 audiocassette (10 min) + booklet
A well illustrated guide and accompanying audiotape on healthy eating and drinking. Suitable for people with an intellectual disability.
CC 641.5 BRI P08314

Food, fitness, fun!: a training pack in weight management for people with learning disabilities / McIntosh, Pamela A.; O’Neil, Jacqueline M.
This pack has been designed for use by health care professionals and carers of people with an intellectual or physical disability. The pack encourages and enables users to make informed decisions about their health and fitness management for both obese and underweight individuals. The pack includes worksheets on fact finding, body size and shape, balance of energy, content of meals, choices, mealtimes, regulation of eating and evaluations.
CC 610.5 MCI P10562

Food ... fun, healthy and safe / Hollins, Sheila; Flynn, Margaret.
London, Gaskell Press St George’s Hospital Medical School: 2003. 42 p.
Suitable for people with an intellectual disability, this book shows how to choose, cook and eat healthy food. At the end of the book are guidelines for carers to discuss with the individual the do’s and don'ts of healthy eating. Other issues discussed include dieting and choking.
CC 641.5 HOL P10865

Food: why we need to eat, what we need to eat, healthy eating / Band, Roslyn. / ELFRIDA SOCIETY.
Clearly written and well illustrated this booklet gives advice on healthy eating. Suitable for people with an intellectual disability.
CC 641.5 BAN P08114 P11869

Fruit rainbow: healthy eating for people with developmental disabilities
Eugene, Or., IRIS Media: 2006. 1 DVD (12 min. + 12 min.)
Suitable for people with an intellectual disability, this DVD can be viewed in two parts. In part 1, a member of a leisure bowling group ends up in hospital with chest pains, and everyone learns why it’s important to eat more fruit. In part 2, the group is introduced to the fruit rainbow, and learns new strategies to eat more fruit. A full colour poster and 15 page activity book are available on the DVD for printing.
CC 641.5 FRU P12210
Healthy weight in people with developmental disabilities: education and resource program for disability support workers and carers [2014].

This program is intended to be used as an education tool to help carers support people with developmental disabilities to maintain a healthy weight. http://www.cddh.monash.org/assets/documents/healthy-weight-in-people-with-developmental-disability.pdf - Click link to access

Make a start play your part: resource folder of healthy eating activities and games for adults with learning disabilities / SANDWELL NUTRITION AND DIETETIC DEPARTMENT.

West Midlands, UK, Sandwell Metropolitan Borough Council: 2008. 1 v. (various pagings); 32 cm. + CD-ROM

This resource folder has been written to assist support workers in running 'healthy eating' sessions for adults with intellectual disabilities. It covers basic food hygiene, good health, diet and nutrition, exercise, menu planning, eating out and recipes. It includes activities and games and may culminate in the development of personal folders. The CD-ROM provides worksheets, activity sheets and charts.

Menu planning: as easy as 1,2,3 / Mcintosh, Pamela A.

Hove, UK, Pavilion: 2013. 61 p.; 30 cm.

This book is for people who care about their health and want to know how they can plan their own healthy menu. The book and CD can help you decide what to eat for breakfast, main meal, light meal, snacks and treats. The four parts cover: planning a meal; healthy eating and your body; menu planning; and shopping, cooking and recipes.

Shape up: Dvd / SOMERSET COUNTY COUNCIL COMMUNITY DIRECTORATE; THE ENGINE ROOM.

Somerset, Pavilion: 2008. 1 DVD (19 Min)

This is a DVD about healthy eating and exercise made with students with intellectual disabilities. It includes James who needs to lose weight and eat healthy food, but somehow he just can't get around to it and is fed up with everyone having a go at him. Then there is Jane who can't stop eating junk food and is totally overwhelmed by temptation and Phil who wants to put on weight because he thinks he is too weedy. When will they learn to shape up? It is designed to help a group find out about healthier lifestyles
**Together we cook 'n' learn** / Larkey, Sue; Durrant, Heather.

Using step by step instructions and colour photos, this cook book uses simple recipes that allow students to learn literacy, numeracy and other curriculum skills by cooking. This cook book can be used in conjunction with "Together we cook 'n' learn teaching manual".

CC 641.5 LAR P10902

**Visual recipes : a cookbook for non-readers** / Orth, Tabitha.

Contains step by step visual recipes to help young people with autism and intellectual disabilities prepare simple meals. Recipes include breakfast, lunch, side dishes, snacks, desserts and drinks. This book uses Imperial measurements and American terminology.

CC 641.51 ORT P11745