



KEY STAGE 4 POTENTIAL HIGH ACHIEVERS READING LIST

For

FOOD

USEFUL BOOKS:

THE SCIENCE OF COOKING by Dr Stuart Farrimond

This brings food science from the laboratory and into the kitchen.

UNDERSTANDING NUTRITION by Jason Houghton

A good introduction to health and nutrition. Explains the nutrition of different foods.

MASTERCHEF KITCHEN BIBLE NEW EDITION: EVERYTHING YOU NEED TO TAKE YOUR COOKING TO THE NEXT LEVEL by Greg Wallace and John Torode

Covers everything that is needed to cook like a champion.

RIVER COTTAGE, MUCH MORE VEG by Hugh Fearnley Whittingstall

A variety of plant-based recipes to try.

FOOD FOR FREE by Richard Mabey

Practical advice on picking wild plants and helps you to plan your recipes.

USEFUL WEBSITES:

BRITISH NUTRITION FOUNDATION

Basics of nutrition · Nutrients, Food and Ingredients · Nutrition Science

<https://www.nutrition.org.uk/>

BRITISH HEART FOUNDATION

The Nutrition section contains tips and features you need to help you eat a heart-healthy diet

www.bhf.org.uk

NHS INFORM

Eating well. Food packaging. Food safety and hygiene. Healthy eating and weight loss.

Pregnancy. Special diets.

<https://www.nhsinform.scot/healthy-living/food-and-nutrition>

JIMMY'S FOOD FACTORY

How processed cheese is produced

<https://www.bbc.com/bitesize/clips/zxchfg8>