



KEY STAGE 3 POTENTIAL HIGH ACHIEVERS READING LIST

For FOOD

TITLE	IMAGE	AUTHOR	COMMENT
Science You Can Eat		Stefan Gates	Explains Science That Happens Every Time You Eat, Bake or Eat
Are You What You Eat?		DK	Packed with information on nutrition and healthy eating. Explains which foods and food groups boost your energy and keep you healthy.
How Food Works: The Facts Visually Explained		DK	Reveals the facts behind food. Provides the science behind cooking and eating foods.
The Story of Food: An Illustrated History of Everything We Eat		DK and Giles Coren	Interesting facts behind the history of the foods we eat.
Mary Berry's Baking Bible		Mary Berry	A wide range of mouth watering recipes to try out
The Hummingbird Bakery Cookbook		Tarek Malouf	Simple, appetising cupcake, muffin, cookies and brownies recipes.
Fast & Easy Vegan Cookbook		JL Fields	A selection of fast and easy vegan recipes to try.

Useful Websites

KS3 Eatwell Guide Government recommendations on eating healthily and achieving a balanced diet.

<https://www.gov.uk/government/publications/the-eatwell-guide>

BBC Food Ideas for recipes and cooking tips <https://www.bbc.co.uk/food>