

KS4 Food Preparation and Nutrition

Recommended Reading

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| Book Title | Author |
| GCSE Food Preparation and Nutrition | A Tull |
| KS3 Exploring Food and Nutrition | Y Mackay & B Saunders |
| AQA Collins GCSE Food Preparation and Nutrition Revision Guide | Fiona Balding et al |
| The Science of Cooking: Every Question Answered to Perfect your Cooking | Dr Stuart Farrimond |
| The Story of Food: An Illustrated History of Everything We Eat | Giles Coren |
| How Food Works: The Facts Visually Explained | DK |
| How Baking Works | J Morton |
| The Virtues of the Table: How to Eat and Think | J Baggini |
| Menus that Made History | A Johnson & Vincent Franklin |
| **Cookery Books** |
| Book Title | Author |
| MasterChef Junior Cookbook: Bold Recipes and Essential Techniques to Inspire Young Cooks | MasterChef Junior |
| MasterChef Junior Bakes: Bold Recipes and Essential Techniques to Inspire Young Cooks | MasterChef Junior |
| The Teen Survival Cookbook | Sam Stern |
| The Borough Market Cookbook | Ed Smith |
| Mary Berry’s Complete Cookbook | Mary Berry |
| Delia’s Complete Cookery Course | Delia Smith |
| **Websites** |
| [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk) | FFL |
| [www.nutrition.org.uk](http://www.nutrition.org.uk) | British Nutrition Foundation |
| [www.nhs.uk](http://www.nhs.uk) | NHS |