

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 | |