



SWGS KS3 READING LIST: FOOD PREPARATION AND NUTRITION

The purpose of this reading list is to encourage students to read, enjoy and learn beyond the taught curriculum. You can use the resources here to support and to enrich your learning.

General * denotes main textbook(s)

Healthy Eating and Nutrition

- All about food. By Helen McGrath
- Nutrition for Dummies 7th Edition. By Carol Ann Rinzler
- What to eat. By Marion Nestle

Food Science

- How Food Works: The Facts Visually Explained. By DK
- Science You Can Eat. By Stefan Gates
- All about food. By Helen McGrath

Other Useful Resources

- Big Zuu's Big Eats Recipe Book. By Big Zuu
- Marvellous Revolting Recipe. By Roald Dahl
- The Story of Food. By DK
- Mob Kitchen Recipe Book. By Ben Lebus

Food Documentaries

Hack your Health: The secrets of your Gut Documentary - Netflix Documentary

Kiss the Ground – Netflix Documentary

Salt, Fat, Acid, Heat (2018): A documentary series that follows chef and food writer Samin Nosrat as she travels the world to explore the four elements of good cooking.

Ugly Delicious (2018-2020): A documentary series that features chef David Chang as he explores the history and culture behind various dishes around the world.

TV Programmes

Food Unwrapped -Channel 4
Inside the Factory-BBC
MasterChef -BBC

Podcasts

[Podcast – Food Matters Live](#)

[BBC Radio 4 - The Food Programme](#)