



SWGS KS4 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)

- AQA GCSE Food Preparation & Nutrition: Revision Guide by Anita Tull *
- AQA GCSE Food Preparation & Nutrition: Revision Guide by Anita Tull
- Grade 9-1 GCSE Food Preparation and Nutrition –Complete Revision & Practice Perfect for catch-up. By CPG

Food Science

- How Food Works: The Facts Visually Explained
- Dictionary of Food Science and Nutrition. By A&C Black Publishers Ltd
- Food Facts. By Delia Clarke and Betty Herbert *
- Fox and Cameron's Food Science, Nutrition & Health. By Michael EJ Lean*
- The Science of Cooking by Dr Stuart Farrimond *

Healthy Eating and Nutrition

- Food for Life: The New Science of Eating Well. By Tim Spector
- Nutrition for Dummies 7th Edition
- Understanding nutrition by Jason Houghton
- Ultra processed people by Chris van Tulleken

Other Useful Resources

- Eating For England by Nigel Slater
- Julie & Julia by Julia Powell
- Scoff by Pen Vogler
- Toast by Nigel Slater
- Mary Berry: Recipe for Life
- Cooked by Michael Pollan
- The Missing Ingredient by Penny Linford
- Gastro Physics by Charles Spence
- Salt, Fat, Acid, Heat by Samin Nosrat
- Enough: How your Food Choices will Save the Planet. By Cassandra Coburn
- The Flavor Equation: the Science of Great Cooking Explained in more than 100 Essential Recipes. By Nik Shara
- Hungry by Grace Dent
- The Story of Food. By DK
- Mob Kitchen Recipe Book. By Ben Lebus
- NOSH for Students: A Fun Student Cookbook. By Joy May
- Good Food Eat Well: Vegetarian and Vegan Dishes. By Good Food Guides
- McGee on Food and Cooking: An Encyclopaedia of Kitchen Science, History and Culture. By Harold McGee

Other Useful Resources

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.

Chef's Table (2015-2019): A documentary series that profiles some of the world's most renowned chefs and their culinary visions.

Jiro Dreams of Sushi (2011): A documentary that depicts the life and work of Jiro Ono, a legendary sushi master in Tokyo.

Flavorful Origins (2019-2020): A documentary series that showcases the diverse cuisines and cultures of different regions in China.

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.

Street Food Asia (2019): A documentary series that celebrates the stories and flavors of street food vendors in nine Asian cities.

TV Programs

Food Unwrapped -Channel 4

Inside the Factory-BBC

MasterChef -BBC

Podcasts

[Podcast – Food Matters Live](#)

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