

Level 3 Food Science & Nutrition Reading List

Books

Bender, D. (2002). An Introduction to Nutrition and Metabolism (3rd Ed). Oxford, UK: Taylor and Francis Ltd

Brown, A.C. (2010). Understanding Food: Principles and Preparation (4th Ed). USA: Wadsworth Publishing

Campbell J (et al) (2011) Practical Cookery Level 3 Hodder Education

Cesarani V (2002) Advanced Practical Cookery: A Textbook for Education and Industry Hodder Education

Drummond, K.E. and Brefer, L.M. (2009). Nutrition for Foodservice and Culinary Professionals (7 th Ed). Hoboken, NJ, USA

John Wiley and Sons Foskett D, Cesarani V, (2007) Cesarani and Kinton's The Theory of Catering Dynamic Learning

Food Standards Agency. (2008). Manual of Nutrition (11 th Ed). London, UK: Stationary Office

Jeukendrup, A and Gleeson, M. (2004). Sport Nutrition: An Introduction to Energy Production and Performance. Leeds, UK: Human Kinetics

Smith, M. and Morton, D. (2001). The Digestive System: Systems of the body. London, UK: Churchill Livingstone

Websites

www.foodsafety.gov

<http://homefoodsafety.org/app>

BBC Health: www.bbc.co.uk/health/healthyliving

British Nutrition Foundation: www.nutrition.org.uk

CORE: <http://www.corecharity.org.uk/>

Department for Health: www.dh.gov.uk

<http://www.dynamic-learning.co.uk/Product.aspx?productID=164>

www.excellencegateway.org.uk/askbutler.examples.id295

Food and Drink Federation: www.fdf.org.uk

Food Standards Agency: www.food.gov.uk/aboutus/publications/industrypublications/

Food Vision: www.foodvision.gov.uk

Health Development Agency: www.nice.org.uk