



FOOD SCIENCE & NUTRITION SUPER-CURRICULAR



AIMING FOR THE TOP AND ASPIRING HIGH

Reading Tasks

Books

- **Brown, A.C. (2010). Understanding Food: Principles and Preparation (4th Ed). USA: Wadsworth Publishing :**
Your introductory guide to learning about foods, food preparation, food service, and food science. Integrating these key topics with relevant information about nutrition and the food industry, the fourth edition gives you a thorough overview of the different dimensions of food principles-- and insight into the variety of career options available in the food industry.
- **Campbell J (et al) (2011) Practical Cookery Level 3 Hodder Education :**
As well as being a perfect match for the Level 3 Diploma in Professional Cookery, this book also supports other qualifications, including NVQs in Food Preparation and Cookery, Kitchen and Larder, and Patisserie and Confectionery.
- **Rhiannon Lambert Food Standards Agency. (2008). Manual of Nutrition (11 th Ed). London, UK: Stationary Office:**
Science of Nutrition cuts through the noise of conflicting diet advice with clear answers backed up by the very latest research.
- **Tim Spector Food for Life: Your Guide to the New Science of Eating Well**
Food is our greatest ally for good health, but the question of what to eat in the age of ultra-processed food has never seemed so complicated
- **Chris van Tulleken Ultra-Processed People: Why Do We All Eat Stuff That Isn't Food...and Why Can't We Stop?**
An eye-opening investigation into the science, economics, history and production of ultra-processed food.

Websites

- www.foodsafety.gov
Get the latest news, alerts, and tips on safely handling and storing food to prevent food poisoning.
- BBC Health: www.bbc.co.uk/health/healthyliving
- British Nutrition Foundation: www.nutrition.org.uk
Connecting people, food and science, for better nutrition and healthier lives. We work with experts across the nutrition and food community to provide impartial, evidence-based information, education and expertise, motivating people to adopt healthy, sustainable diets – for life.

Listening Tasks

Podcasts:

- GastroPod: “Food through the lens of science and history”
Each episode, we look at the hidden history and surprising science behind a different food and/or farming-related topic, from aquaculture to ancient feasts, from cutlery to chile peppers, and from microbes to Malbec
- Lecker : how food “shapes our lives in all sorts of ways”
Lecker is a podcast about how food shapes our lives in all sorts of ways. Recorded mostly in kitchens, it explores personal stories to examine our relationships with food – and each other.
- The Full English: “What is English food?”
Was the animating question for this fascinating podcast from chef and researcher Lewis Bassett. In pursuit of the answer, Bassett spoke to food producers and chefs such as Anna Tobias and Andrew Wong, but also historians and economists.
- The Food Chain
Exploring how food intersects with business, science and culture
- Dinner SOS
How do I get more protein into a vegetarian diet? Cook more sustainably? Make gluten-free pizza that’s actually tasty? Host Chris Morocco and guest experts respond with in-depth solutions

Watching Tasks

- Saturday Kitchen Live
Saturday Kitchen Live is a 90 minute cookery programme, which is broadcast live on BBC One on Saturday mornings.
- Come Dine with me
The knives (and forks) are out as a group of strangers compete for the title of ultimate dinner party host. And the £1000 on the table adds spice to the proceedings
- Food Unwrapped
The team explore food myths from a neutral point of view, culminating in a summary based on scientific research. The team explore food myths from a neutral point of view, culminating in a summary based on scientific research.
- The Great British Bakeoff

Each series sees twelve amateur bakers attempt to out-bake their opponents and impress judges Prue Leith and Paul Hollywood, with encouragement (/harassment) from the presenters

- Masterchef

To discover the country's best food talent through a series of extraordinary cooking challenges, and watched over by the world's most prestigious food judges

- Inside the Factory

Co-produced by The Open University, Inside the Factory is a much-loved, long-running series, following Gregg Wallace and Cherry Healey, as they explore the fascinating processes at the factories producing some of our favourite products.

Trips & Visits

- London Walking Food Tour
- The Ultimate Cheese Crawl
- Borough Market
- Brixton Market