



## Food Science and Nutrition

### Wider Reading

Students should read the textbook

- WJEC Level 3 Cert in Food Science and Nutrition (June 2019)

Also interesting are the following more general texts:

- The Omnivores Dilemma – Michael Pollan
- On Food and Cooking – Harold McGee
- Down and Out in Paris and London – George Orwell
- Kitchen Confidential – Anthony Bourdain

### Enrichment Activities

- Netflix Show – Salt, Fat, Acid, Heat
- Visit – Borough Market
- Podcast – The Food Program (Radio 4)
  - – The Grain Chain
- Websites:
  - BBC Health: [www.bbc.co.uk/health/healthyliving](http://www.bbc.co.uk/health/healthyliving)
  - British Nutrition Foundation: [www.nutrition.org.uk](http://www.nutrition.org.uk)
  - Department for Health: [www.dh.gov.uk](http://www.dh.gov.uk)
  - Food and Drink Federation: [www.fdf.org.uk](http://www.fdf.org.uk)
  - Food Standards Agency:  
[www.food.gov.uk/aboutus/publications/industrypublications/](http://www.food.gov.uk/aboutus/publications/industrypublications/)
  - NHS:  
<http://www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx>
  - Physical Activity and Nutrition Wales:  
[www.physicalactivityandnutritionwales.org.uk](http://www.physicalactivityandnutritionwales.org.uk)
  - Vegetarian Society: [www.veg.soc.org.uk](http://www.veg.soc.org.uk)
  - [www.bbcgoodfood.com](http://www.bbcgoodfood.com)
  - [www.annabelkarmel.com](http://www.annabelkarmel.com)