

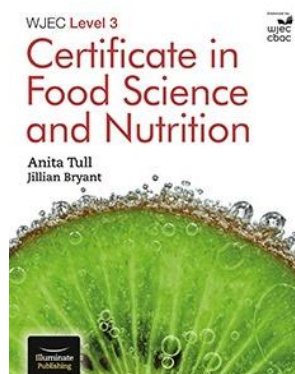


## Food Science and Nutrition

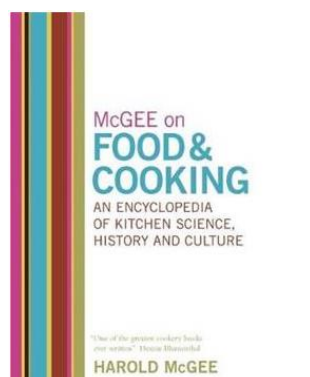
### Wider Reading

Reading this textbook would be useful:

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



Harold Magee is the writer who inspired the world of molecular gastronomy and influenced chefs such as Heston Blumenthal and Ferran Adria. This is an interesting read too:



To prepare for Unit 4: Current Issues in Food, listen to the following podcasts:

- The Food programme - <https://www.bbc.co.uk/programmes/b006qnx3>
- The Kitchen cabinet  
- <https://www.bbc.co.uk/programmes/b01klvhq/episodes/downloads>

- The Food chain - <https://podcasts.files.bbc.co.uk/p028z2z0.rss>
- Also, Heston Blumenthal has many clips on YouTube to watch to develop your understanding of the science behind food even further.

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)