

Level 3 Food Science and Nutrition

Read, watch, listen list

Textbooks

- Tull, A. & Bryant, J., 2019. *WJEC Level 3 Certificate in Food Science and Nutrition*. London: Illuminate Publishing
- Barham, P., 2001. *The Science of Cooking*. Berlin & Heidelberg: Springer
- Bender, D.A. (2002) *An Introduction to Nutrition and Metabolism*. 3rd ed. Oxford: Taylor & Francis Ltd.
- Brown, A.C. (2010) *Understanding Food: Principles and Preparation*. 4th ed. Belmont, CA: Wadsworth Publishing.
- Brownsell, V.L., Griffith, C.J. and Jones, E. (1995) *Applied Science for Food Studies*. Harlow: Longman Scientific and Technical
- Buckland, H. and Keepin, J. (2019) *WJEC Food Preparation and Nutrition*. London: Illuminate Publishing.
- Campbell, J., Foskett, D. and Ceserani, V. (2011) *Practical Cookery: Level 3*. London: Hodder Education.
- Ceserani, V. (2002) *Advanced Practical Cookery: A Textbook for Education and Industry*. London: Hodder Education.
- Clarke, D. and Herbert, E. (1992) *Food Facts*. London: Thomas Nelson
- Clough-Halstead, A., Dowling, F., Ellis, V., Hill, J. and Jones, B. (2016) *Eduqas GCSE Food Preparation and Nutrition*. London: Illuminate Publishing
- Coulter, T.P., 1989. *Food: The chemistry of its components*. 2nd ed. London: Royal Society of Chemistry.
- Drummond, K.E. and Brefer, L.M. (2009) *Nutrition for Foodservice and Culinary Professionals*. 7th ed. Hoboken, NJ: John Wiley & Sons.
- Farrimond, S. (2017) *The Science of Cooking: Every Question Answered to Perfect Your Cooking*. London: DK (Dorling Kindersley)
- Fehners, V. (2016) *OCR Food Preparation and Nutrition*. Consultant editor: Hardy, A. London: Illuminate Publishing.
- Food Standards Agency (2008) *Manual of Nutrition*. 11th ed. London: The Stationery Office.
- Foskett, D. and Campbell, J. (2008) *Practical Cookery*. 11th ed. London: Hodder Education.
- Foskett, D. and Ceserani, V. (2007) *Ceserani and Kinton's The Theory of Catering*. 11th ed. London: Hodder Education.
- Fox, B.A. and Cameron, A.G. (1995) *Food Science, Nutrition and Health*. 6th ed. London: Hodder Arnold
- Fox, B.A. and Cameron, A.G. (2001) *Food Science, Nutrition and Health*. 7th ed. London: Hodder Arnold.
- Gaman, P.M. and Sherrington, K.B. (2008) *The Science of Food*. London: CRC Press
- Gibney, M.J., Lanham-New, S.A., Cassidy, A. and Vorster, H.H. (eds.) (2009) *Introduction to Human Nutrition*. 2nd ed. Oxford: Wiley-Blackwell.
- Hammond, B. (1974) *Cooking Explained: Metric Edition*. London: Longman

Hark, L. & Deen, D., 2005. *Nutrition for Life: The definitive guide to eating well for good health*. London: Dorling Kindersley

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

Joachim, D. and Schloss, A. (2017) *The Science of Good Food*. London: Dorling Kindersley (DK)

McGrath, H., 1988. *All About Food: Practical Home Economics*. 2nd ed. Oxford: Oxford University Press

Nosrat, S. (2017) *Salt, Fat, Acid, Heat: Mastering the Elements of Good Cooking*. New York: Simon & Schuster.

Pollan, M. (2013) *Cooked: A Natural History of Transformation*. New York: Penguin Press

Proudlove, R.K. (2001) *The Science and Technology of Food*. 2nd ed. London: Blackwell Science

Rickus, A., Saunder, B. and Mackey, Y. (2016) *AQA Food Preparation and Nutrition*. London: Illuminate Publishing.

Sainsbury's (2012) *Kitchen Know-How*. London: Ebury Press.

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

Tull, A. (1987) *Food and Nutrition*. Oxford: Oxford University Press.

Tull, A. and Bryant, J. (2019) *WJEC Hospitality and Catering*. 2nd ed. London: Illuminate Publishing.

Tull, A. and Littlewood, G. (2016) *AQA GCSE Food Preparation and Nutrition*. London: Illuminate Publishing.

Useful websites / articles:

Love food love science - www.ifst.org/lovefoodlovescience

Food crumbles - [Articles - FoodCrumbles](#)

Follow the food - www.bbc.com/future/ bespoke/ follow-the-food/

British Nutrition Foundation - www.nutrition.org.uk

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

Department for health: www.dh.gov.uk

Food and drink federation: www.fdf.org.uk

Food standards agency: www.food.gov.uk/aboutus/publication/industrypublications/

NHS: www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx

Physical Activity and Nutrition Wales: www.physicalactivityandnutritionwales.org.uk

National institute for Health and Care Excellence: www.nice.org.uk

Vegetarian Society: www.veg.soc.org.uk

Science direct - www.sciencedirect.com - you can search for books and articles about a range of topics.

www.thoughtco.com/chemistry-in-everyday-life-4133585

[Science of Cooking: Food Science, Recipes & Projects | Exploratorium](#)

Podcasts: (many of which are also available on Spotify and other streaming platforms)

Feel Better, Live More – Dr Rangan Chatterjee [Feel Better, Live More Podcast Episodes / Dr Chatterjee](#)

The Food Science Addict - [The Food Science Addict Podcast - Podcast Addict](#)

Food for thought - Rhiannon Lambert [Podcast — Rhiannon](#)

The Food Chain – BBC World Service [BBC World Service - The Food Chain](#)

Gastro Pod - [Gastropod - Food with a Side of Science & History](#)

Food, We need to talk - [Food, We Need To Talk](#)

The food programme BBC (will need to sign up for free) [BBC Radio 4 - The Food Programme](#)

TV Programmes:

Era license - www.era.org.uk - This site enables schools, colleges and universities to make educational use of recordings of TV and Radio broadcasts.

The truth about series BBC - www.bbc.co.uk/programmes/b05p5v5f/episodes/guide

Bake off, The Professionals - www.channel4.com/programmes/bake-off-the-professionals

Great British Menu - www.bbc.co.uk/programmes/b0071y6r

Inside the Factory - www.bbc.co.uk/programmes/b07mddqk/episodes/player

Jimmy Food Factory - www.bbc.co.uk/programmes/b00vt0sj/clips

Food Factory - www.bbc.co.uk/programmes/b01kdn7m/episodes/guide

Gastro Lab - www.bbc.co.uk/teach/class-clips-video/articles/znr6qp3

Food inspectors - www.bbc.co.uk/programmes/b01py4v9

Ramsey Kitchen Nightmares - [Watch Ramsay's Kitchen Nightmares | Stream free on Channel 4](#)

Masterchef Australia - [MasterChef Australia - YouTube](#)

Netflix programs (If you have a subscription these are worth watching, but there is no expectation to subscribe, there are a lot of clips etc on YouTube)

School of Chocolate

Crazy delicious

Sugar high

Baking impossible