

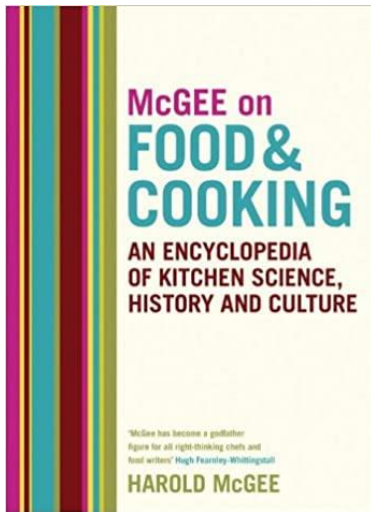


WIDER READING IN FOOD PREPARATION AND NUTRITION

Reading is an integral part of Food Preparation and Nutrition lessons. The vast majority of FPN lessons include opportunities to read in a variety of ways; we use a variety of texts in lessons, including recipes, magazine articles, food and nutrition books, and through research, develop efficient reading strategies; skimming, scanning and close reading.

Reading and writing are regularly practiced through written evaluations and analysis of practical investigations. Pupils are given regular opportunities to read and give feedback in class discussions and to their peers. They are also required to analyse and interpret data from the nutrition program.

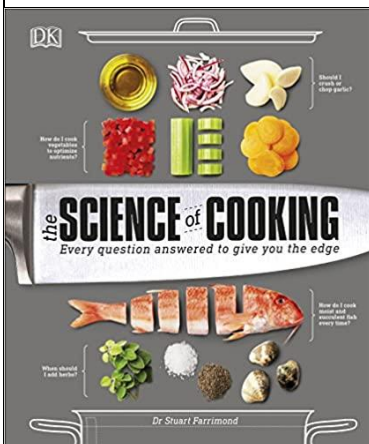
We encourage our pupils to read in school and outside of school. Below is a selection of books we recommend to our KS3 and KS4 pupils to further increase their knowledge and understanding of food and cooking.



McGEE ON FOOD AND COOKING is a masterpiece of gastronomic writing; a rich, addictive blend of chemistry, history and anecdote that no self-respecting foodie or cook can afford to be without.

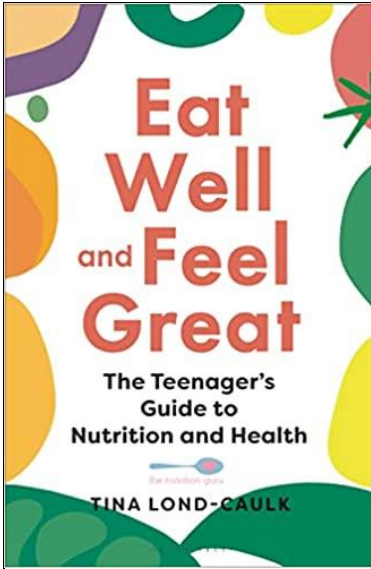
McGEE ON FOOD AND COOKING renders the everyday miracles of the kitchen wondrous and fascinating, shedding light on questions that have puzzled generations of cooks. If you've ever wondered why fish goes off quicker than meat; how to tell stale eggs from fresh ones; why you're supposed to leave pancake batter to rest; how it is that cheese can possibly have so many different permutations of flavour and texture; why chopping onions makes you cry; about the health benefits of chocolate and alcohol; why Jerusalem artichokes make you fart; or even how to avoid poisoning your guests - then this is the book for you. With the enlightenment it brings, you may find yourself emerging from the culinary dark ages.

Harold McGee's original ON FOOD AND COOKING was acclaimed as a masterpiece on both sides of the Atlantic, and won the 1986 André Simon Food Book of the Year. Now completely rewritten for a new generation, reflecting the seismic shifts in science and upsurge in home cooking over the past two decades, this new book will amaze all those who love food.



Which vegetables should you eat raw? How do you make the perfect poached egg? And should you keep your eggs in the fridge? Why does chocolate taste so good? Is it OK to reheat cooked rice? How do I cook the perfect steak or make succulent fish every time? TV personality, food scientist and bestselling author, Dr. Stuart Farrimond answers all these questions and more with *The Science of Cooking* - equipping you with the scientific know-how to take your cooking to new levels.

Explore fundamental culinary concepts, practical advice and step-by-step techniques, to bring food science out of the lab and into your kitchen. Find the answers to your cookery questions and get more out of recipes with intriguing chapters covering all major food types from meat, poultry and seafood, to grains, vegetables, and herbs.



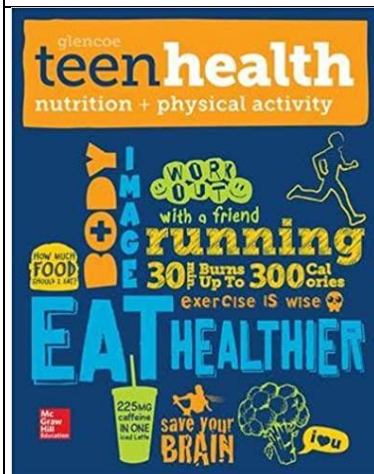
This easy-to-use and friendly handbook for teenagers will help you learn how to develop a healthy and loving relationship with food and your body, for life. Packed with helpful tips, advice and recipes, in an easy-to-digest format.

In no time at all you can dramatically improve the way you feel by making better choices with your food and lifestyle habits. *Eat Well and Feel Great* shows you how simple changes can have profound effects on your self-confidence and well-being, helping you to:

- improve your mood
- reduce stress and anxiety
- sleep better and focus more
- maintain a healthy weight
- have a fresher complexion and healthy hair
- feel happier in your body.

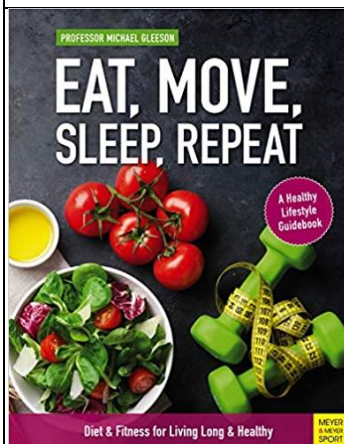
Written by an expert nutritionist with over 20 years' experience, the book features case studies from the author's clinical work with young people. With a selection of quick and easy recipes, you'll learn how simple it is to nourish your brain and body with key nutrients.

Eat Well and Feel Great aims to shape the health, wellbeing and self-esteem of current and future generations.



Nutrition and Physical Activity* offers information on the health risks associated with eating an unhealthful diet. Students are challenged to consider the influences that affect their dietary choices, and learn ways to manage weight healthfully using MyPlate and other tools.

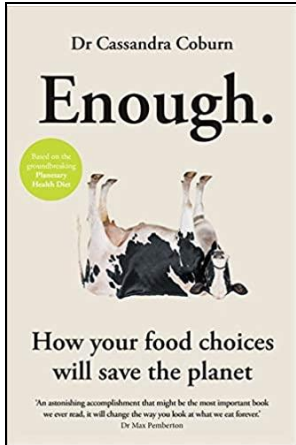
In the Physical Activity chapter, the importance of daily physical activity is addressed, as well as how students can assess their own fitness. Students also learn to develop a personal fitness plan and ways that they can prevent sports injuries by using proper equipment.' *Each print module contains the same front matter section, titled Your Health and Wellness. This content is relevant to the entire program. It teaches the 10 Health Skills that are the foundation of the Teen Health program.



Exercise and nutrition programs designed to achieve weight loss and improve health and fitness have received considerable attention in recent decades.

Though a large number of books have been published on the subject, the vast majority of these books focus on the latest fad diet, usually alone or sometimes in combination with the latest fad exercise regimen, but they rarely provide scientific, evidence-based reasons for their use. *Eat, Move, Sleep Repeat* is very different.

It provides a scientific evidence-based rationale for selecting certain diets and forms of physical activity that can help to achieve effective body fat and body weight loss; explains how to develop a personalized weight loss plan; gives guidelines for a healthy balanced diet; provides advice on how to improve sleep quality, avoid common illnesses, keep senses, and organs healthy and how much exercise is needed to get health benefits. Meant for every fitness goal, fitness level, and occupation, *The Healthy Lifestyle Guidebook* aims to provide a set of evidence-based guidelines on how to establish a healthy lifestyle that will promote better quality of life with reduced risk of chronic disease and extend longevity



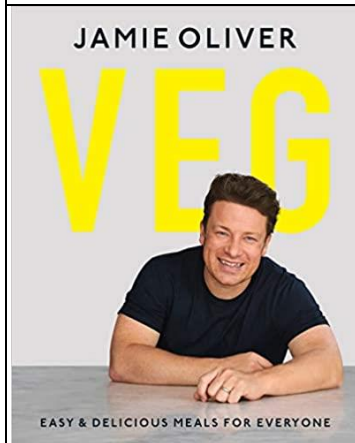
'An astonishing accomplishment that might be the most important book we ever read, it will change the way you look at what we eat forever.' - Dr Max Pemberton

'A wonderfully written guide for anyone who wants to eat better and save the world at the same time. Essential reading for anyone who cares about the planet.' - Thomasina Miers

How changing what you eat can save the planet

Our food production systems are the single biggest cause of environmental change, while diseases linked to our eating habits are at epidemic levels and increasing. *Enough.* uses the latest scientific research to address this vital question: can we provide a growing population with a healthy diet from sustainable food systems.

Changing our way of eating is something that every one of us has the power to do. *Enough.* is a clear, ultimately hopeful and hugely important roadmap for both own health - and the planets.



The essential Jamie Oliver cookbook perfect for vegetarians, total foodies, or someone who just wants a bit more veg on their plate

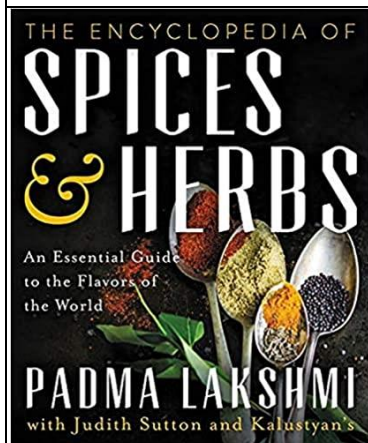
JAMIE OLIVER IS BACK WITH OVER 100 BRILLIANTLY EASY, DELICIOUS & FLAVOUR-PACKED VEG RECIPES

Includes ALL the recipes from Jamie's Channel 4 series *MEAT FREE MEALS*

Whether it's embracing a meat-free day or two each week, living a vegetarian lifestyle, or just wanting to try some brilliant new flavour combinations, this book ticks *all* the boxes.

With chapters on Soups & Sarnies, Brunch, Pies Parcels & Bakes, Curries & Stews, Salads, Burgers & Fritters, Pasta, Rice & Noodles, and Traybakes there's something tasty for every occasion.

Jamie's recipes will leave you feeling full, satisfied and happy - and not missing meat from your plate.



From the Emmy-nominated host of the award-winning *Top Chef*, an A-to-Z compendium of spices, herbs, salts, peppers, and blends, with beautiful photography and a wealth of explanation, history, and cooking advice.

“A beautiful book by Padma Lakshmi featuring an extensive catalogue and helpful recommendations on how best to use these ingredients to create full-flavored dishes. A great resource for any chef or home cook.” -- Eric Ripert

Award-winning cookbook author and television host Padma Lakshmi, inspired by her life of traveling across the globe, brings together the world's spices and herbs in a vibrant, comprehensive alphabetical guide. This definitive culinary reference book is illustrated with rich color photographs that capture the essence of a diverse range of spices and their authentic flavors. *The Encyclopedia of Spices and Herbs* includes complete descriptions, histories, and cooking suggestions for ingredients from basic herbs to the most exotic seeds and chilies, as well as information on toasting spices, making teas, and infusing various oils and vinegars. And no other market epitomizes Padma's love for spices and global



PRESTON MUSLIM GIRLS

HIGH SCHOOL

Education with Patience Modesty Gratitude Humility Sincerity

	<p>cuisine than where she spent her childhood—lingering in the aisles of the iconic gourmet food store Kalustyan’s, in New York City.</p> <p>Perfect for the holiday season and essential to any well-stocked kitchen or cooking enthusiast, <i>The Encyclopedia of Spices and Herbs</i> is an invaluable resource as well as a stunning and adventurous tour of some of the most wondrous and majestic flavors on earth.</p>