

Raising aspirations – Food and Nutrition

At Ormiston Bushfield Academy, we believe every student should have the opportunity to explore, question, and excel in Food and Nutrition. This page offers a carefully selected range of books, websites, and podcasts to stretch your curiosity; deepen your understanding; and help you see the possibilities a food career can offer. Whether you're looking for your next great recipe, a greater insight into nutrition, or a glimpse into the world of food - you'll find something here to spark your ambition and raise your aspirations.

Suggested Reading list

KS3 (years 7-9)

Awesome Kitchen Science Experiments for Kids: 50 STEAM Projects You Can Eat by Megan Olivia Hall - Each experiment comes with easy-to-follow instructions, explores the fun link between science and food.

Children's Cookbook delicious step-by-step recipes by Katharine Ibbs – Excellent recipe book to enhance practical skills to increase confidence and ability in the kitchen

Eat Well and Feel Great: The Teenager's Guide to Nutrition and Health by Tina Lond-Caulk - This book will boost your knowledge of what's going on inside when it comes to keeping you healthy and happy. Packed with recipes and nutrition facts.

KS4/5 (years 10-13)

Food for Life: The New Science of Eating Well by Tom Spector – Explores the link between Science and Food, easy to follow guide to eating well, addresses how to eat well in an ultra-processed society.

The Science of Cooking by Stuart Farrimond - Explore fundamental culinary concepts, practical advice and step-by-step techniques, to bring food science out of the lab and into your kitchen.

Practical Cookery 14th Edition by Hodder Education - A must-have resource for every aspiring chef. It will help develop the culinary knowledge, understanding, skills and behaviours required in the world of cooking.

Websites

British Nutrition Foundation - <https://www.nutrition.org.uk/> - Up-to-date nutrition advice on each life stage and diet related illnesses.

Food a Fact of Life - <https://www.foodafactoflife.org.uk/> - A platform for school pupils to explore tried and tested recipes linked with healthy eating, food provenance and food choice.

British Heart Foundation - <https://www.bhf.org.uk/> - Nutrition links to overall wellbeing and heart health. Links to exercise and sport nutrition.

Podcasts

The Food Programme, BBC– Exploring every aspect of the food we eat.

The Kitchen Cabinet, BBC Radio 4 – A culinary panel show packed full of tasty titbits that might change the way we think about food, cooking and eating.

The Food chain, BBC - This examines the business, science and cultural significance of food, and what it takes to put food on your plate.