

# Reading beyond the classroom

## Food, Years 9, 10 and 11.

BYRCHALL  
HIGH SCHOOL

While in Years 9, 10 and 11 students should try and read a wide variety of books.

You may find the following websites useful in helping to choose suitable reading material for your child.

<https://www.nutritionprogram.co.uk/>

<https://www.youtube.com/user/JamieOliver>

<https://www.masterclass.com/classes/gordon-ramsay-teaches-cooking>

<https://www.bbcgoodfood.com/>

These websites will provide you with recommendations from students, parents and critics across the country.

In addition to this, our recommendations follow below. These texts do not form part of our schemes of work so reading them will not spoil students' enjoyment of future lessons. They will most likely complement the work we do.



David Campbell and John Foscett

*Practical Cookery*

A core student book tailor-made to support learning for the new Level 3 Diploma in Professional Cookery (VRQ).

Retaining the pedigree and reliability of Advanced Practical Cookery, combined with engaging features, this new book is written by expert authors to ensure your students are fully prepared and have everything they need to succeed on level 3 courses in food preparation and cookery.

Margaret Hague

*AQA Home Economic: Food and Nutrition*

This AQA approved student book is written for AQA's GCSE Home Economics: Food and Nutrition specification, with emphasis on developing students' knowledge and understanding of human needs in a diverse society and to work in a variety of contexts. Help your students prepare for their exams - written for AQA's GCSE Home Economics: Food and Nutrition specification. Practice questions, study tips and support and guidance for Controlled Assessment.

Rose Gray and Ruth Rogers

*River Café Cookbook*

A sophisticated re-interpretation of the cucina rustica or farmhouse cooking of northern Italy, the food of the River Café relies on good quality, fresh, seasonal produce - plus authentic Italian ingredients such as polenta, buffalo mozzarella and extra virgin olive oil. The emphasis is very much on the type of cooking found in Italian homes rather than restaurants.

Elizabeth David

*French Provincial Cookbook*

First published in 1962, Elizabeth David's culinary odyssey through provincial France forever changed the way we think about food. With elegant simplicity, David explores the authentic flavors and textures of time-honoured cuisines from such provinces as Alsace, Provence, Brittany, and the Savoie. Full of cooking ideas and recipes, French Provincial Cooking is a scholarly yet straightforward celebration of the traditions of French regional cooking.

Prosper Montagné

*Larousse Gastronomique*

Since its first publication in 1938, this book has been an unparalleled resource. In one volume, it presents the history of foods, eating, and restaurants; cooking terms; techniques from elementary to advanced; a review of basic ingredients with advice on recognizing, buying, storing, and using them; biographies of important culinary figures; and recommendations for cooking nearly everything.

Jasmine Helmsley and Melissa Helmsley

*The Art of Eating Well*

A cookbook with exciting and inventive recipes that are so delicious you forget that the premise is health and nourishment. These recipes will not only reboot your approach to food in the most enjoyable ways, with whole, organic, nutrient-filled, delicious homemade foods, free of grain, gluten, high-starch and refined sugar, but will help you realize how satisfied and great you can look and feel. They will empower you to take control of the way you eat.

Jo Pratt

*In the Mood for Healthy Food*

Pratt is on a mission to free the world of Supermarket Zombies! What is a Supermarket Zombie, you ask? It is a person who walks the aisles of a supermarket and puts the same thing in her basket every week. To combat Supermarket Zombies, Jo Pratt has designed an ingenious system comprised of healthful recipes that are easy to make and have every-day ingredients. Break out of your routine and start thinking like a human when you head to the grocery store.

*Reading could be considered another food group. Get the best books you can find and have yourself a feast'*

**A Monika (Counsellor)**