

# FOOD PREPARATION AND NUTRITION (KS4)

- *Hungry.* By Grace Dent
- *Conversation About Healthy Eating.* By Dr Nicholas A. Lesica
- *Enough: How your food choices will save the planet.* By Dr Cassandra Coburn
- *Cook, Eat, Repeat: Ingredients, Recipes and Stories.* By Nigella Lawson
- *The Flavor Equation: The Science of Great Cooking Explained in More Than 100 Essential Recipes.* By Nik Sharma
- *The Big Fat Duck Cookbook.* By Heston Blumenthal

