

KS3 Food

Core textbooks

- *Exploring Food and Nutrition for KS3 (Hodder)* by Yvonne Mackey, Bev Saunder

Further resources to aid with KS3 curriculum

- Cooking programmes
- Recipe Websites, Books & Magazines



Take it further

To extend and develop your subject knowledge and understanding do look at resources outside of the KS3 curriculum. The resources below are not an exhaustive list. Please do discuss with the Food department anything in particular that you are interested in finding out about and we can point you in the right direction.

Topic	Read	Watch	Explore and visit
Food Commodities Principles of Nutrition The Science of Food Planning Meals Food Spoilage Cooking and Food Preparation Diet and Good Health Food Provenance/Manufacturing and Sustainability	<ul style="list-style-type: none">• Recipe books• Recipe Magazines• Good Food Guide	<p>There is a vast number of different cookery based programmes that you can watch through a range of platforms. These are just a few possibilities to consider –</p> <ul style="list-style-type: none">• Junior Masterchef• Nadiya Bakes/Time to Eat• British Bake Off• Great British Menu• Saturday morning Kitchen	<ul style="list-style-type: none">• Cadburys World, Birmingham (https://www.cadburyworld.co.uk/)• The Food Museum, Suffolk (https://foodmuseum.org.uk/learn/educational-visits/)• The Kent County Show (https://kcas.org.uk/)• Brogdale Farm, Faversham (https://brogdalecollections.org)• Whitstable Oyster Farm (https://whitstableoystertours.co.uk/)• Macknade Food Hall, Faversham (https://macknade.com/pages/macknade-faversham)• Oad Street Food and Craft, Kent (http://www.oadstreetfoodandcrafts.com/)• Food and Drink festivals (these take place all around the area at different times of the year (https://www.canterburybid.co.uk/venue/dane-john-gardens/)