

RVHS Academic Reading List

Subject: Food and Nutrition



Love

LEARNING

RVHS Academic Reading List

Subject:	Food and Nutrition
Key Stage:	KS3

V = visit
NFA = academic non fiction article
TB = school textbook

S = TV drama series
D = documentary
N = novel for adults

YA = novel for teenagers
F = film
NF = non fiction

Year of Study	Topic	Suggested Reading	Type
7	Hygiene and safety	https://www.food.gov.uk/food-safety All about food- Helen Mcgrath	NF TB
7	Healthy eating	All about food- Helen Mcgrath Nutrition for Dummies – Nigel Denby	TB NF
7	Packed lunches	Children's foods – Lorna Rhodes https://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration	NF NF

Year of Study	Topic	Suggested Reading	Type
8	Healthy eating	Johnny Junkfood in the 21st Century https://www.nhs.uk/live-well/eat-well/eight-tips-for-healthy-eating/ All about food- Helen Mcgrath	F NF TB
8	Healthy eating	Nutrition for Dummies – Nigel Denby All about food- Helen Mcgrath	NF TB
8	Healthy school dinners	What to eat – Marion Nestle https://www.bbc.co.uk/news/education-30644523	NF NF
9	Street food Healthy breakfast	Breakfast the most important meal of the day	F
9	Street foods Specialist equipment	Hospitality and Catering level1/2 - Anita Tull and Alison Palmer Visit to the school canteen to view specialist catering equipment	TB V
9	Street foods Burger meal	Food and nutrition- Anita Tull Jamie's ministry of foods- Jamie Oliver Jamie's 30 minutes meals- Jamie Oliver	TB NF NF

RVHS Academic Reading List

Subject:	Catering and Hospitality
Key Stage:	KS4

V = visit
NFA = academic non fiction article
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S = TV drama series
D = documentary
N = novel for adults

YA = novel for teenagers
F = film
NF = non fiction

Year of Study	Topic	Suggested Reading	Type
10	The environment in which the hospitality and catering industry operates	Hospitality and Catering level1/2 - Anita Tull and Alison Palmer	TB
10	Operations of hospitality and catering provisions	Visit to the Grosvenor hotel	V

Year of Study	Topic	Suggested Reading	Type
10	Food related causes of ill health	Hospitality and Catering level1/2 - Anita Tull and Alison Palmer https://www.foodsafety.gov/food-poisoning/bacteria-and-viruses	TB NF
11	Health and safety: responsibilities of employers and employees for personal safety	Hospitality and Catering level1/2 - Anita Tull and Alison Palmer	TB
11	Hospitality and catering provisions for specific requirements	Hospitality and Catering level1/2 - Anita Tull and Alison Palmer	TB
11	Hospitality and catering in action	Hospitality and Catering level1/2 - Anita Tull and Alison Palmer https://www.nutrition.org.uk/healthyliving/basics.html	TB NF