 

**Food and Nutrition Department**

**Super Curriculum**

|  |  |
| --- | --- |
| **Reading** | |
| These are written by a Scientist and a Doctor – with a new look on food we eat. Michael Moseley looks at all aspects of health not just food. | Any cookbook from any of the many cooks/chefs – browsing a recipe book is great for inspiration which you can’t necessarily get from ‘googling’ when you know what you are looking for.     ISBN:  9781785947636   ISBN:  9780241431108     ISBN:  9781526621504   ISBN:  9781529148831 |
| **Films** | |
| Toast(2010) Nigel Slater is one of our all-time food icons, Based in Wolverhampton in the 1960s, it’s a wonderfully British story brought to life by director S.J Clarkson bursting with nostalgic food and flavours. It tells the story of how the acclaimed chef’s simple childhood favourites from his mother – who died when he was a young boy – shaped his relationship with cooking. Humorous in places, bittersweet in others, it’s always humbly obsessed with food.  **The Hundred-Foot Journey** **(2014)**  American [comedy-drama](https://en.wikipedia.org/wiki/Comedy-drama) film adapted from [Richard C. Morais](https://en.wikipedia.org/wiki/Richard_C._Morais)' 2010 novel [of the same name](https://en.wikipedia.org/wiki/The_Hundred-Foot_Journey). It is about a battle in a French village between two restaurants that are directly across the street from each other: a new [Indian restaurant](https://en.wikipedia.org/wiki/Indian_cuisine) owned by an Indian immigrant family and an established [French restaurant](https://en.wikipedia.org/wiki/French_cuisine) with a [Michelin star](https://en.wikipedia.org/wiki/Michelin_Guide) owned by a French woman. Supersize Me(2004) This grotesque look at the fast food industry was a low-fi, high-impact production by American filmmaker Morgan Spurlock. Showing true dedication to his art, Spurlock ate nothing but McDonalds for 30 days and documented his stomach-turning experience. Shocking, funny, memorable and game-changing. | |
| **Podcasts** | |
| [BBC World Service - The Food Chain - Downloads](https://www.bbc.co.uk/programmes/p028z2z0/episodes/downloads) -The Food Chain examines the business, science and cultural significance of food, and what it takes to put food on your plate.  [» podcasts (deliciouslyella.com)](https://deliciouslyella.com/podcast/) Wellness with Ella - Health and wellbeing, weekly podcast, recipes | [BBC Radio 4 - The Food Programme - Downloads](https://www.bbc.co.uk/programmes/b006qnx3/episodes/downloads) Investigating every aspect of the food we eat  [Podcasts - BBC Good Food](https://www.bbcgoodfood.com/feature/podcasts) |
| **Radio** | **Television** |
| [BBC Radio 4 - The Food Programme](https://www.bbc.co.uk/programmes/b006qnx3) Investigating every aspect of the food we eat | There are many cookery shows which are good for learning new skills; for inspiration for recipes and for getting presentation ideas. E.g  Masterchef (both amateur and professional)  Great British Menu  Many chefs/cooks travel around this country and the world tasting and cooking the cuisine.    [BBC Two - Inside the Factory](https://www.bbc.co.uk/programmes/b07mddqk) some really good insights into food production along with history of foods and some science.  [BBC Two - Back in Time for Dinner](https://www.bbc.co.uk/programmes/b05nc5tv) – food through the decades seen through eyes of a family  [BBC One - Eat Well for Less?](https://www.bbc.co.uk/programmes/b0520lz9) How different families can be helped to eat more healthily and for less money |
| **On-line opportunities** | |
| [On-demand webinars - British Nutrition Foundation](https://www.nutrition.org.uk/training-and-events/on-demand-webinars/) a series of webinars from the British Nutrition foundation e.g nutrition and oral health  [Healthy and sustainable diets - British Nutrition Foundation](https://www.nutrition.org.uk/healthy-sustainable-diets/healthy-and-sustainable-diets/) healthy and sustainable diets  [News - British Nutrition Foundation](https://www.nutrition.org.uk/news/) latest food news  [14 - 16 Years - Food A Fact Of Life](https://www.foodafactoflife.org.uk/14-16-years/) a good site for recipes and reading on a variety of food issues as well as links to videos on skills.  [Resources | IFST](https://www.ifst.org/lovefoodlovescience/resources) food science resource |  |
| **Places to visit – maybe if you are on holiday you might come across one of these** | |
| [Cadbury World: Enjoy The Cadbury World Experience](https://www.cadburyworld.co.uk/explore/attractions/) – Bourneville  [Blog - York's Chocolate Story (yorkschocolatestory.com)](https://www.yorkschocolatestory.com/the-story/blog/) York  [Visit The UK's Only Food Museum For A Great Day Out](https://foodmuseum.org.uk/) Suffolk  [Traditional Tudor Cooking at The Weald & Downland Museum (wealddown.co.uk)](https://www.wealddown.co.uk/discover/domestic-life/traditional-tudor-cooking/) Sussex see historical cookery and kitchens  If you are lucky enough to go on holiday look out for local markets and take in the different produce available – taste new ingredients. | |