## Food Technology

## **Recommended Reading List**



Key Stage 3	
	Science You Can Eat Explains the science that happens every time you cook, bake, or eat.
Are you what you eat? A guide to what's on your plate and why!	Are You What You Eat? Packed with information on nutrition and healthy eating. Are you What you Eat? explains which foods and food groups boost your energy and keep you healthy.
Construction of the second sec	How Food Works: The Facts Visually Explained Reveals the facts behind food and provides the science behind cooking and eating.
	The Story of Food: An Illustrated History of Everything we Eat Interesting facts behind the history of the foods we eat.
MARY BERRY'S Baking Bible	Mary Berry's Baking Bible A wide range of mouth-watering recipes to try!
the hummingbir bakery cookbook	The Hummingbird Cookbook Simple, appetising cupcake, muffin, cookie, and brownie recipes

