

## Cambridge O Level Food & Nutrition 6065 (for examination from 2020)

### Suggested resources

The resources listed below have not been through the Cambridge quality assurance process but have been found suitable for use with various parts of the syllabus by teachers. This resource list includes website links providing direct access to internet resources. Cambridge is not responsible for the accuracy or content of information contained in these websites. The inclusion of a link to an external website should not be understood to be an endorsement of that website or the site's owners (or their products/services).

<b>Title</b>	The Science of Cooking
<b>Description</b>	Comprehensive scientific information on food and cooking techniques with clear illustrations. Includes kitchen equipment, meat and poultry, fish and seafood, eggs and dairy, rice, grains and pasta, vegetables, fruits, nuts, seeds, herbs, spices, flavourings and baking. Easy to access and read so is suitable for all learners.
<b>Author</b>	Dr Stuart Farrimond
<b>Publisher</b>	Dorling Kindersley
<b>ISBN</b>	9780241229781
<b>Published</b>	2017

<b>Title</b>	How Food Works
<b>Description</b>	Clear and relevant information on basic nutrition, digestion, storage and cooking of food, types of food, beverages, diets, environmental issues. All chapters are well illustrated and suitable for teachers and learners.
<b>Author</b>	Various contributors
<b>Publisher</b>	Dorling Kindersley
<b>ISBN</b>	9780241289396
<b>Published</b>	2017

<b>Title</b>	Exploring Food and Nutrition for Key Stage 3
<b>Description</b>	Topics in this book are directly linked to current Food and Nutrition syllabuses. Although directed at pre-IGCSE, there are a variety of topics that will help lay solid foundations in the subject helping learners to build on their knowledge and understanding of relevant concepts.
<b>Author</b>	Yvonne Mackey and Bev Saunders
<b>Publisher</b>	Hodder Education
<b>ISBN</b>	9781510458222
<b>Published</b>	2019

<b>Title</b>	Food Safety Handbook
<b>Description</b>	A well illustrated guide to safe food handling. Chapters include microbiological hazards, spoilage, preservation, food handlers and personal hygiene. Suitable for all learners.
<b>Author</b>	Richard A. Sprenger
<b>Publisher</b>	Highfield Products
<b>ISBN</b>	9781912633081
<b>Published</b>	2018

<b>Title</b>	Foundation Nutrition and Health Handbook
<b>Description</b>	This book is suitable for all abilities. For less able learners, it is engaging and easy to follow and for more able learners, an ideal revision tool. The topics covered include food, nutrition, diet, digestion and absorption, nutrition and life stages, malnutrition, special diets, vulnerable groups, intolerances and allergies.
<b>Author</b>	Dr Mabel Blades
<b>Publisher</b>	Highfield Products
<b>ISBN</b>	9781910964644
<b>Published</b>	2017

<b>Title</b>	Food Standards Agency
<b>Website</b>	<a href="http://www.food.gov.uk">www.food.gov.uk</a>
<b>Description</b>	Includes news and alerts on current food issues in the UK, information on food poisoning, food safety advice, allergies and intolerances. This site would be useful for extension activities. You should also refer to your own national food standards agency.

<b>Title</b>	The Delia Online Cookery School
<b>Website</b>	<a href="http://www.deliaonline.com">www.deliaonline.com</a>
<b>Description</b>	Videos are presented for a wide range of techniques including making vinaigrette, choosing the correct baking tins, making caramel, zesting and juicing. Cake making, egg cookery, pastry making, flour-based sauces, batters and bread making are also included as videos and all are accompanied by a variety of recipes. A good resource for supporting practical activities.

<b>Title</b>	Allergy UK
<b>Website</b>	<a href="http://www.allergyuk.org">www.allergyuk.org</a>
<b>Description</b>	This site provides a range of factsheets in downloadable form on various allergies and intolerances. Recipes free of the main allergens are also available. Suitable for teachers and learners.

<b>Title</b>	Food a fact of life
<b>Website</b>	<a href="http://www.foodafactoflife.org.uk">www.foodafactoflife.org.uk</a>
<b>Description</b>	This site provides editable resources on a variety of areas including food science, healthy eating, cooking, consumer awareness, food provenance, commodities and nutritional analysis. Teachers and learners can also access a wide variety of tried and tested recipes which are categorised according to complexity.

<b>Title</b>	British Nutrition Foundation
<b>Website</b>	<a href="http://www.nutrition.org.uk/nutritionscience">www.nutrition.org.uk/nutritionscience</a>
<b>Description</b>	Up to date information on nutrients, health conditions, food labelling, weight management, allergies and intolerances, healthy sustainable diets. The topics are relevant to IGCSE and are suitable for both teachers and learners.

<b>Title</b>	Get Cooking!
<b>Website</b>	<a href="http://www.highburyquadrantprimary.co.uk/key-information/school-meals/">www.highburyquadrantprimary.co.uk/key-information/school-meals/</a>
<b>Description</b>	A comprehensive recipe book in PDF format with easy to follow recipes which have been classified with levels to indicate their level of difficulty. The book also includes information on the Eatwell plate, food hygiene, kitchen safety, equipment, conversion tables and cooking terms. Suitable for both teachers and learners

<b>Title</b>	Dairy UK
<b>Website</b>	<a href="http://www.dairyuk.org">www.dairyuk.org</a>
<b>Description</b>	Information on the dairy industry, nutrition and health, environmental issues and dairy products in the UK. Recipes using dairy products are available and include nutritional analysis, cooking time and cost per serving. Suitable for teachers and learners.

<b>Title</b>	Egg Information
<b>Website</b>	<a href="http://www.egginfo.co.uk">www.egginfo.co.uk</a>
<b>Description</b>	Includes information on the role of eggs in a balanced diet, nutritional value, health issues, production, quality and research. The sister site <a href="http://www.eggrecipes.co.uk">www.eggrecipes.co.uk</a> has a variety of well illustrated egg recipes.

<b>Title</b>	Quorn
<b>Website</b>	<a href="http://www.quorn.co.uk">www.quorn.co.uk</a>
<b>Description</b>	Information on the manufacture and environmental benefits of Quorn a meat-free protein alternative. A description of products, nutritional information and recipes can also be found.

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