

Course Reading for September 2026

This reading list for Food & Nutrition is for those of you who wish to get a little ahead over the summer, and the dates the material is intended for.

Whilst there **is no expectation** for you to do this now, it would certainly be one less thing for you to worry about in September, which will be incredibly busy.

For those of you who know which school you are going to (Lead Partners), it's a good idea to ask the department for any textbooks or schemes of work that you might be able to look through before you start.

Note-taking (looking after the future you)

I suggest you make good quality notes as you go to avoid having to re-read, as you are likely to forget key content between now & when we discuss it in class.

Take special care in your notes to distinguish between direct quotes and your own paraphrasing to avoid accidental plagiarism in your assignments. If you're a little rusty on note-taking, the [Cornell method](#) is a good place to start.

Reading List

Books, Journals, Chapters and Articles:

AKO Foundation (2017). The Food Education Learning Landscape Report (Fell Report)
The Jamie Oliver Foundation. Available at:
<https://www.schoolfoodmatters.org/sites/default/files/2021-12/%EF%80%A1%EF%80%A1FELL%20REPORT%20FINAL.pdf>

AQA GCSE Food Preparation and Nutrition – Digital Book Bundle follow this link:
<https://www.illuminate.digital/aqafood/> username: SROE3 password: STUDENT3

Campbell, C., Feldpausch (2023) Teaching nutrition and sustainable food systems: justification and an applied approach in Sec. Nutrition and Sustainable Diets Volume 10 - 2023 available at: <https://doi.org/10.3389/fnut.2023.1167180>

Dudley, D. Cotton, W. & L. Peralta (2015) Teaching approaches and strategies that promote healthy eating in Primary Schools in International Journal of Behavioural Nutrition and Physical activity 12, article 28 Available at :
<https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-015-0182-8>

Dudley, D. et al (2020) The effect of teacher-delivered nutrition education programs on elementary-aged students: An updated systematic review and meta-analysis Preventive Medicine Reports, Volume 20, Available at:
<https://www.sciencedirect.com/science/article/pii/S2211335520301376>

Firth J, Gangwisch JE, Borisini A, Wootton RE, Mayer EA. (2020) Food and mood: how do diet and nutrition affect mental wellbeing? BMJ.

Lalli, G., Turner, A., & Rutland, M. (Editors), (2023) *Food Futures in Education and Society* (Routledge Studies in Food, Society and the Environment) Routledge: London . This is a good book, and if you buy only one, I recommend this!

NHS (2022) Health Survey for England, Part 1 (2024) Available at:
<https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-1>

Public Health England (PHE) (2015) Food teaching in secondary Schools: a framework of knowledge and skills available at:
<https://www.gov.uk/government/publications/food-teaching-in-secondary-schools-knowledge-and-skills-framework>

Rutland, M. & A, Turner (2020). Preparing to teach food within the secondary school curriculum in Learning to teach Design and Technology in the Secondary School, London: Routledge (As PDF) also available at:
https://www.researchgate.net/publication/344072583_Preparing_to_teach_food_within_the_secondary_school_curriculum

Seabrook, R., Grafham, V. (2020). What Is the Current State of Play for Food Education in English Secondary Schools?. In: Rutland, M., Turner, A. (eds) *Food Education and Food Technology in School Curricula. Contemporary Issues in Technology Education*. Springer, London (As PDF)

Seabrook, R., Rutland, M. (2023) Tackling food poverty: The role and importance of food education in United Kingdom schools In *Food Futures in Education and Society* (Routledge Studies in Food, Society and the Environment), chapter 13 (As PDF)

van Lier, I., van Mil, E., & Havermans, R. C. (2024). Long-term effects of a school-based experiential nutrition education intervention. *International Journal of Health Promotion and Education*, 1–10. <https://doi.org/10.1080/14635240.2024.2421557>

Useful websites:

Exam Board Specifications:

- AQA GCSE spec:
<https://cdn.sanity.io/files/p28bar15/green/a4c15e7bbb429c2ed8b5964d97f01ad22cdb61a3.pdf>
- Eduqas GCSE Specification: https://www.eduqas.co.uk/qualifications/food-preparation-and-nutrition-gcse/#tab_keydocuments
- OCR GCSE spec : <https://www.ocr.org.uk/qualifications/gcse/food-preparation-and-nutrition-j309-from-2016/>

Other sites:

British Nutrition Foundation (BNF): <https://www.nutrition.org.uk/>

Design and Technology blog: <https://dandtfordandt.wordpress.com/> search 'food'

Food a Fact of Life: <https://www.foodafactoflife.org.uk/about-food-a-fact-of-life/>

Food Teachers Centre: <https://foodteacherscentre.co.uk/>

The Food Foundation: <https://foodfoundation.org.uk/>

Jamie Oliver Foundation: <https://www.jamiesministryoffood.com/>

National Curriculum for KS3: <https://www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study/national-curriculum-in-england-design-and-technology-programmes-of-study#cooking-and-nutrition>

NHS – Eatwell guide: <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

Standards for school Food in England:
<https://www.gov.uk/government/publications/standards-for-school-food-in-england>