



Food Science and Nutrition

Read

- [Food and Nutrition News](#)-*Food & Nutrition Magazine* is published by the Academy of Nutrition and Dietetics, the world's largest organization of food and nutrition professionals. Online articles are free to read
- [Institute for Optimum Nutrition- free digital magazine](#)- Keeping health professionals and consumers informed on the latest nutrition news, opinions and issues
- [Elsevier Food Science Journals](#)- a wide range of journals focused on research of all aspects of food science
- 'Food Presentation Secrets: Styling Techniques of Professionals' (Hobday, C & Denbury, J 2020) - A practical guide to adding that professional flourish to any dish
- '1,000 Food Art and Styling Ideas' (Bendersky, A 2013) - Mouth-watering food presentations from chefs, photographers, and bloggers from around the globe.
- 'The Science of Cooking' (Dr Stewart Farrimond, 2017) - Explore fundamental culinary concepts, practical advice and step-by-step techniques, to bring food science out of the lab and into your kitchen
- 'How Food Works: The Facts Visually Explained' (DK, 2017) - answers common food questions by investigating claims surrounding a variety of foods and examining them from a biological standpoint
- 'Nutrition for Life' (Hark, L & Deen, D, 2007) - popular no-nonsense nutrition bible
- 'Gastrophysics: The New Science of Eating' (Spence, C, 2017) - combines disciplines including science, neuroscience, psychology and design
- A free mini E book of recipes by an ex pupil of Thirsk School, Pamela Bustard-Download it [here](#).

Watch

- [Food Matters Live Webinars](#) – webinars on a wide range of food science and nutrition topics
- [Nutrition TED](#)- inspirational speakers discussing a variety of topics

Websites

- [Food52 Blog](#)- Brings cooks together from all over to exchange recipes and to support each other in the kitchen, great for recipes
- [Pinch of Yum Blog](#)- Recipes that are designed for real, actual, every day life and covers other issues within blogs too!
- [Food Matters Live](#)- aims to inspire a better future for food by stimulating industry innovation, technology and people

Subscriptions

Remember that if you have been accepted onto the 16-19 Bursary, Thirsk Sixth Form College can support you with academic subscriptions

- [Good Food Magazine](#)
- [Institute of Food Science and Technology Magazine](#)

Listen

- [The Optimum Nutrition Podcast](#)- Discussing health issues in relation to nutrition
- [Deliciously Ella Podcast](#)

Visit

- [Wensleydale Creamery](#)- cheese experience
- [Black Sheep Brewery](#)- brewery tours

<ul style="list-style-type: none"> • Food Matters Live Podcast- listen to industry professionals with key change makers in food, drink and nutrition • Food For Thought on Apple Podcasts-will equip you with all the evidence-based advice you need to live and breathe a healthy lifestyle from Rhiannon Lambert, the UK's leading Nutritionist • BBC Radio 4 - The Food Programme-investigating every aspect of the food we eat 	<ul style="list-style-type: none"> • York's Chocolate Story • BBC Good Food- Birmingham
<p><u>Courses</u></p> <p>If you are a Bursary student, remember that the Student Discretionary Bursary can pay for certification or courses.</p> <ul style="list-style-type: none"> • Online Level 2 Food Hygiene Course – accepted by EHO's. Costs £10. • Food Allergy Online Training-provided free by the Food Standards Agency 	<p><u>Competitions</u></p> <ul style="list-style-type: none"> • Create & Cook Competition • FutureChef
<p><u>Apps</u></p> <p>There a lots of exciting people and pages to follow on Instagram. I have listed just a few below:</p> <ul style="list-style-type: none"> • Food Science Babe • IFST (@institute_of_food_science) • Food stylist- Judy Kim • Pastry chef-Justin Burke • Interesting recipes- Buzz Feed Tasty • Explore Food- Food a Fact of Life nutritional analysis tool • Heali 'Heali connects you with the world's nutritional data, making it easier to manage chronic conditions by matching you to delicious food that nourishes your body and feeds your soul.' 	<p><u>Work experience ideas</u></p> <ul style="list-style-type: none"> • Food Matters Careers - Meet our community- A global community of students and lectures helping to build a brighter future for food • CGC Event Caterers –catering for large events and dinners at stadiums, race courses and functions • Tommy Banks- The Black Swan, Oldstead • Get in touch with local producers and shops, we have so many butchers, bakers, farm shops, cafes, restaurants and other food outlets! • Also ask speak to health care professionals working alongside the local GPs. • Furthermore, consider care home kitchens, older people lunch clubs and hospital kitchens too as they have nutritional needs to consider!