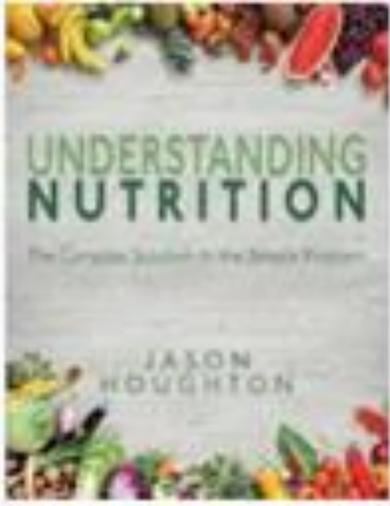


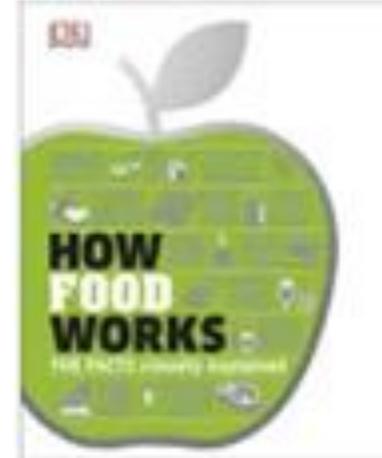
# Background reading list for Food and Nutrition



## Understanding nutrition by Jason Houghton

Understanding Nutrition is a short but comprehensive guide to how the body breaks down, digests and uses the foods we eat. We explore the building blocks of Carbohydrates, Proteins and Fats, along with the roles of vitamins and minerals. Furthermore, we look at how our body uses these nutrients for fuel, energy and repair, along with the problem of eating too much of the wrong fuel, which effects our bodies, causing disease and dysfunction.

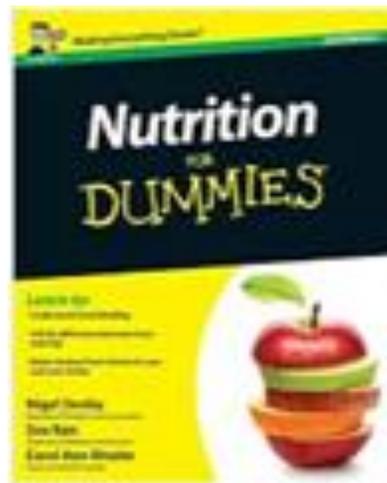
Understanding Nutrition is a brief introduction to the building blocks of our food, which includes: simple and complex carbohydrates, protein and amino acids, omega fats, cholesterol, trans fats and rancid fats, along with superfoods, probiotics and gut bacteria. In addition, this book also helps the reader to gain a basic understanding of diabetes and arterial disease without the use of complicated language.



## How food works by DK

Is red wine good for your heart? Will caffeine raise your blood pressure? *How Food Works* gives you answers to these and several more questions by investigating claims surrounding a variety of foods and examining them from a biological standpoint. Discover nutritional facts about the food you eat, learn the benefits of superfoods and antioxidants, and go behind-the-scenes of modern food production.

Packed with infographics and colourful images, the book delves into the science behind ways of eating including gluten-free and veganism, as well as the benefits of different diets from around the world. Turn the pages to understand why food intolerances occur, what actually makes food organic, how important sell-by dates really are, and how much salt you should really be eating.



## Nutrition for dummies by Nigel Denby.

Expert dieticians Sue Baic and Nigel Denby provide no-nonsense advice, equipping you with all the information you need to make informed decisions about your diet. The book acts as a sound reference point if you want to know the facts about food, and debunks the myths behind fad diets. *Nutrition For Dummies, 2nd Edition* provides a detailed understanding of the nutritional breakdown of different food groups and examines the relationship food has with one's physical and mental wellbeing. The book also advises you on how to establish healthy eating patterns and how to maximise the health benefits of what you eat.

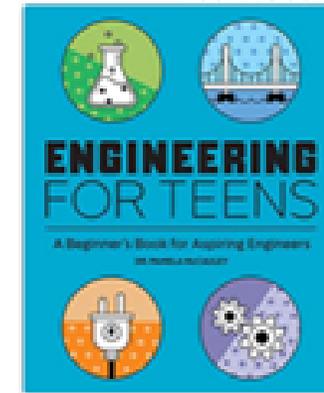
# Background reading list for Engineering



## Built: The hidden stories behind our structures by Roma Agrawal

In *BUILT*, structural engineer Roma Agrawal takes a unique look at how construction has evolved from the mud huts of our ancestors to skyscrapers of steel that reach hundreds of metres into the sky. She unearths how engineers have tunnelled through kilometres of solid mountains; how they've bridged across the widest and deepest of rivers, and tamed Nature's precious - and elusive - water resources. She tells vivid tales of the visionaries who created the ground-breaking materials in the Pantheon's record-holding concrete dome and the frame of the record-breaking Eiffel Tower. Through the lens of an engineer, Roma examines tragedies like the collapse of the Quebec Bridge, highlighting the precarious task of ensuring people's safety they hold at every step.

With colourful stories of her life-long fascination with buildings, and her own hand-drawn illustrations, Roma reveals the extraordinary secret lives of structures.



## Engineering for teens: A beginners book for aspiring engineers by Pamela McCauley

The job of an engineer is to solve all sorts of complex challenges facing the world while improving our lives through creative, innovative ideas. This engineering book for teens gives you a look into what engineers do and how they drive society forward through mathematics and science.

From designing tablets and smartphones to reimagining the way we collect and store renewable energy, this engineering book for teens introduces you to the major engineering disciplines and their distinct specialties, famous engineers throughout history and more.

*Engineering for Teens* offers:

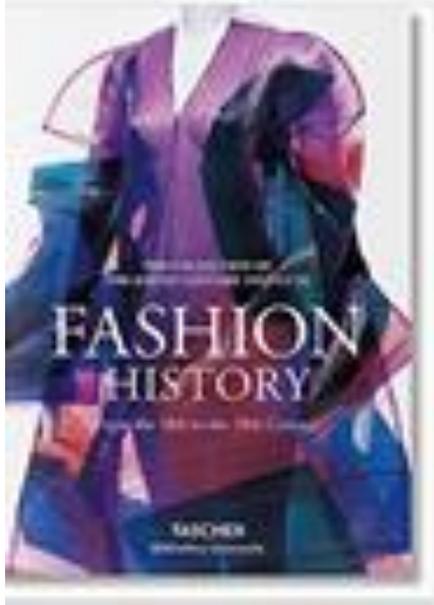
**Engineering fundamentals**-Discover the four main branches of engineering and their different specialties.

**Inspired inventions**-Get examples of the incredible things that engineers have created, like fuel cells and medicines.

**Inclusivity in engineering**-Learn all about the diversity within the field of engineering.

Discover the wonders of engineering and prepare yourself for a life of scientific discovery with this engineering book for teens.

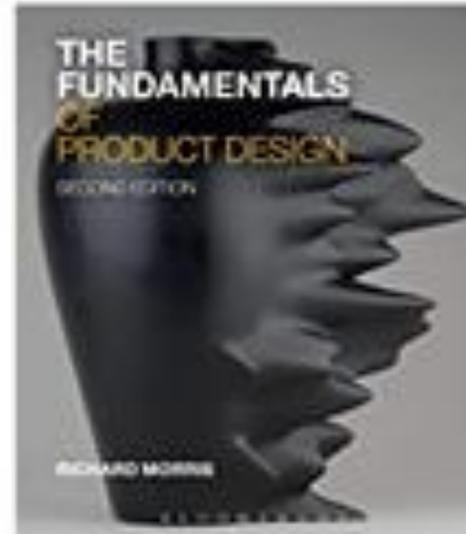
# Background reading list for Design Technology



## Fashion: A History from the 18th to the 20th Century by Akiko Fukai et al

Dress codes from the 18th century to today, the ultimate compendium of clothing

Clothes define people. A person's attire, whether it's a sari, kimono, or business suit, is an essential code their culture, class, personality, even their faith.



## The fundamentals of Product Design by Richard Morris

Provides a clear explanation of the product design process, covering materials, manufacturing, idea generation, computer-aided design, engineering functions, product types, and market research. This updated edition explores recent developments such as additive manufacture (3D printing) and crowd funding, and includes more consumer and lifestyle orientated products for a more product-based focus, supported by a range of new innovative examples and case studies from internationally-renown designers and studios.

Full of inspiring images covering a wide variety of product design examples.