



FICTION AND NON FICTION
RECOMMENDED
READS



HEALTH & SOCIAL

KS4

TITLE	BY
This is going to Hurt	Adam Kay (2004) - secret diaries of junior doctors
The Fault in Our Stars	John Green (2012) - Story of two cancer afflicted teenagers
Elizabeth is Missing	Emma Healy (2014) - an elderly woman descending into dementia embarks on a desperate quest to find her best friend she believes has disappeared
One Flew over the Cuckoos Nest	Ken Kesey (1962) - story of patients in a psychiatric hospital
No Child of Mine	Susan Lewis (2013) - story of a social worker

FOOD & NUTRITION

KS3

TITLE	BY
7 Ways	Jamie Oliver
How Food works	DK
The Science of Cooking	DK
Borough Market: Epic tales of everyday ingredients	Mark Riddaway

KS4

TITLE	BY
Hungry	Grace Dent
Conversation about Healthy Eating	Dr Nicholas
Enough: How your food choices will save the planet	Dr C Doburn
Cook Eat Repeat: Ingredients, recipes and stories	Nigella Lawson
The Flavour Equation: the Science of Great cooking Explained	Nik Sharma
The Big Fat Duck	Heston Blumenthal