

# KS3

## Let's get started...watch this video

KS3 How it's Made - Breath Mints

### SOMETHING TO READ



**How Food Works The Facts Visually Explained by DK**  
Let this guide be your very own friendly nutritionist, on hand to debunk common food myths and give you the answers to those pressing health questions with easy-to-swallow information.

**The Missing Ingredients by Jenny Linford**  
The Missing Ingredient is about what makes good food.

### SOMETHING TO VIEW



#### Inside the Factory

<https://www.bbc.co.uk/programmes/m0014l10>

Each episode explores how a specific product is made inside a factory.

### SOMETHING TO LISTEN TO



#### Dinner SOS

<https://podcasts.apple.com/us/podcast/dinner-sos-by-bon-app%C3%A9tit/id945390489>

Dinner SOS is the podcast where we answer desperate home cooks' cries for help. In every episode, food director Chris Morocco and a rotating cast of cooking experts tackle a highly specific conundrum and present two solutions.

### SOMEWHERE TO VISIT



#### Borough Market

<https://boroughmarket.org.uk/>

A few decades ago, Borough Market was a wholesale market serving the greengrocers of south London; now it acts as a beacon for sustainable food production, short supply chains and social connection, drawing visitors from far and wide.

### SOMETHING TO DO



#### Try the Burnt toast experiment

<https://blog.nutritionprogram.co.uk/2015/06/05/burnt-toast/>

You can't really eat this experiment but it shows the difference between dextrinisation and caramelisation.

### SOMETHING TO WATCH



#### Junior Masterchef

<https://www.bbc.co.uk/cbbc/shows/junior-masterchef>

Young chefs from across the country battle it out to impress judges John and Donal by cooking up delicious meals from scratch.

**AND FINALLY...**  
an act of kindness

– Do something to positively impact your local or school community. Make sure you let your class teacher know what you've done. It could be displayed in the D&T/Food section of The Voice!