Reading List



Healthy Eating

The Library has a growing collection of books for improving staff well-being. The following books on healthy eating are available to borrow from the Library.

The Ramadan cookbook by A. Karolia (2023)

Autism friendly cookbook by L Wilkins (2022)

The hairy dieters simple healthy food by S. King (2022)

Feed your family: more from less by L. Cooper (2022)

Feel good food: over 100 healthy family recipes by J. Wickes (2022)

Cook as you are: recipes for real life, hungry cooks and messy kitchens

by R. Tandoh (2021)

Pinch of nom: comfort food by K. Allison (2021)

Pinch of Nom quick and easy: 100 delicious, slimming recipes by

K.Allison (2021)

Hairy bikers veggie feasts by D Myers (2020)

One pot vegan by R. Pope (2020)

The doctor's kitchen: eat to beat illness by R. Aujla (2019)

Pinch of nom by K. Allison (2019)

The green roasting tin by R. Iyer (2019)

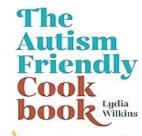
The 4 pillar plan: how to relax, eat, move and sleep your way to a long-

er, healthier life by R. Chatterjee (2018)

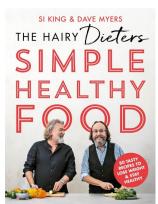
How to be well: the 6 keys to a happy and healthy life by F. Lipman

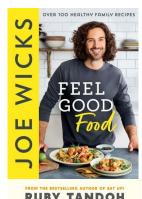
(2018)

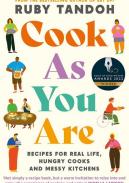
The Pioppi diet by Aseem Malhotra (2017)











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