

Library Resource List for Drugs and Food Additives



This is a selection of the books that **Crawley Library as part of Crawley College and West Sussex Libraries** have, which can be borrowed or reserved **free of charge**.

Crawley Library

Shelved at 664

- Metabolic: the Truth about Processed Food - Lustig, R (2021)
- The Science of Food – Jopson, M (2017)
- Metabolical – Lustig, Dr R (2021)
- Essential Guide to Food Additives (2008)
- Best Before: the Evolution and Future of Processed Foods – Temple N (2018)
- Who Poisoned your Bacon – Coudray, G (2021)

Shelved at 613.28

- Ultra Processed People – Tulleken, Chris van (2024)
- The Science of Nutrition – Lambert, R (2021)

Shelved at 616.8526

- Hooked: How Processed Food became Addictive – Moss, M (2021)



Online Resources

Useful search terms: food additives, ultra processed foods, food safety

All our resources are available through the Library Resources pages on CCG Online. Direct access in college or anywhere else using your **college email and password**.



eBooks



- NCFE CACHE Level 2 Extended Diploma in Health and Social Care Chapter 10 (2019)
- Theory of Hospitality and Catering 14th ed – Foskett, D (2021)



- Food Additives and Human health (2020)
- Food Safety: From farm to fork (2020)



- Title – Author (Date)



Searchable magazine articles for A Levels, suitable for T Levels.

Search “ “



Provides full-text access to scholarly journals from around the world.

Search for “ultra processed foods”



Provides full-text articles on a range of subject suitable for FE Level courses.

See Food Quality and Safety Journal



Provides full-text articles on a range of subjects suitable for HE Level courses.



Statistics and market research on global marketing, retail, employment and health.

Health Effects of Ultra-Processed Foods Statistics and Facts

Search ultra processed foods in search and limit to UK



Statistics and articles on contemporary social issues. Search .. in search box

Topics include : Healthy Eating, Dietary Choices



Recorded TV programmes available to watch at college or via the internet.

- Irresistible – Why we can’t stop eating?
- Ultra Processed Foods what are we eating?
- Food Allergies – What’s really in your food?
- What are we feeding our kids?
- The Truth about your Medicine Cabinet
- Food Bank Britain
- The Edible Garden



An online library of lectures from universities.

Search for “ “

Useful Websites:

NHS <https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/what-are-processed-foods/>

The Guardian <https://www.theguardian.com/society/2024/feb/28/ultra-processed-food-32-harmful-effects-health-review>

BMJ Ultra Processed Foods and Health Outcomes

<https://www.bmj.com/content/384/bmj-2023-077310>

WHO <https://www.who.int/news-room/fact-sheets/detail/food-additives>

Food Standards Agency <https://www.food.gov.uk/safety-hygiene/food-additives>

BBC Bitesize <https://www.bbc.co.uk/bitesize/guides/zmqth39/revision/5>