

Langley Park School for Girls

Enabling everyone to thrive – acting with kindness, determination and respect.



Headteacher: Mr S Whittle, MA (Cantab), PGCE, NPQH

8th September 2026

Dear Parent/Carer,

Year 7 Food Programme 2026-27

I hope this email finds you well. I am writing to inform you that your child will be participating in Food Technology lessons as part of their Design and Technology (DT) rotation this term. These lessons will alternate between theory and practical sessions, with students cooking every other week. The first lesson, taking place this week, will be theory. Students will then be set a homework task to let them know which ingredients to bring to their practical lesson.

Practical Lessons:

During the practical lessons, students will learn essential cooking skills, including food preparation, hygiene, and following recipes. These sessions are designed to build confidence in the kitchen and encourage creativity. The theory lessons will focus on topics such as the nutritional aspects of food, where food comes from, and the importance of a balanced diet.

Providing Ingredients:

Students are required to bring their own ingredients for the practical lessons. The list of ingredients will be published as a task on Bromcom.

Perishable items can be stored in the fridges in room E004 before morning tutor time. Please ensure that ingredients are clearly labelled with your child's name and form.

Ingredients will be provided for students in receipt of pupil premium funding.

Students must also bring a suitable container to take home their cooked dish, as these are not available at school.

Allergies/Intolerances/Dietary Requirements:

If your child is unable to use any of the ingredients required for a recipe, please provide a suitable alternative. Should you need any advice on alternatives, feel free to email me via aho@lpgs.bromley.sch.uk and I will be happy to assist.

Should you have any further questions or wish to discuss your child's dietary needs in more detail, please do not hesitate to contact me. I am happy to arrange a call if needed.

Thank you for your support.

Yours faithfully,

Mrs Arifa Honour
Head of Food Technology

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