

Langley Park School for Girls

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



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

6 September 2024

Dear Families,

Year 9 Food Programme 2024-2025

As part of our extended curriculum at Langley Park School for Girls, all KS3 students have the opportunity to experience a bespoke food programme. Students in Years 7-9 are able to participate in three 2 hour lessons over the course of the year, with a focus on students beginning their journey to understanding food, helping us to build a generation of young people who are knowledgeable and passionate about food and nutrition.

Year 9 students have their food programme in the Autumn Term and lessons begin next week for some groups. For health and safety reasons, classes come down in groups of 15 during a double period over the course of 3 weeks learning different skills and techniques that they can hopefully bring home. To ensure families are best prepared for the upcoming term we are sharing the programme for this current half term and will inform families of the groups for next term in a few weeks' time.

Form tutors will advise your child which group they are in and it is important that they note this carefully in their planners. The group lists are also available outside the Food room (E004) if your child wishes to check their group.

Providing Ingredients

Students are expected to provide their own ingredients and must bring these into school with them on the day of their food lesson. Students without ingredients may not be able to take part in the lesson. Ingredients will be provided for students in receipt of pupil premium.

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

During their lessons, the students will learn some food theory and science and have an opportunity to make a dish. The recipes chosen allow for a range of cooking techniques to be explored.

Ingredient Lists

The ingredients for each recipe are as follows:

Recipe 1 – Bread – Fruit Plait	Recipe 2 – Roasted Vegetable Pasta	Recipe 3 – Jam Sponge
<ul style="list-style-type: none">• 125g white strong• plain flour• 1 teaspoon mixed spice• or cinnamon• ¼ teaspoon spoon salt• 35g raisins• 12g mixed peel (optional)• 4g quick acting yeast• 12g caster sugar	<ul style="list-style-type: none">• 1 red pepper• 1 small courgette• 1 onion• handful of mushrooms• 75g dried pasta• 25g unsalted butter• 25g plain flour• 250ml milk• 50g mature cheddar	<ul style="list-style-type: none">• 300g any frozen berries• 200g jam sugar (with pectin)• 1 lemon• 75g self-raising or plain flour• 3 eggs• 75g caster sugar

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2022-2025



Food Timetable

The timetable below is for the current half term. Please note that the rotation has been created to ensure students are not missing the same subjects and therefore it is important students are clear when their food lesson is.

Rotation 1

Week beginning: 9 September				
Week B				
Recipe 1: Bread				
	Mon	Tue	Thu	Fri
1			9S2	9G4
2				
3	9G2	9L2	9K1	
4				

Week beginning: 16 September				
Week A				
Recipe 2: Vegetable Pasta				
	Mon	Tue	Thu	Fri
1	9G2			9S2
2				
3	9L2		9G4	9K1
4				

Week beginning: 23 September				
Week B				
Recipe 3: Jam Sponge				
	Mon	Tue	Thu	Fri
1			9L2	9S2
2				
3	9K1	9G4	9G2	
4				

Rotation 2

Week beginning: 30 September				
Week A				
Recipe 1: Bread				
	Mon	Tue	Thu	Fri
1	9K3			9L1
2				
3	9L4		9S4	9G1
4				

Week beginning: 7 October				
Week B				
Recipe 2: Vegetable Pasta				
	Mon	Tue	Thu	Fri
1			9K3	9L4
2				
3	9S4	9G1	9L1	
4				

Week beginning: 14 October				
Week A				
Recipe 3: Jam Sponge				
	Mon	Tue	Thu	Fri
1	9L4			9S4
2				
3	9G1		9K3	9L1
4				

Allergies/Intolerances/Dietary Requirements

All students are requested to complete an allergy / dietary preference form and you will receive this as an email via Evolve. Please ensure this is completed prior to your child's lesson so we can ensure their safety.

If your child is unable to use any of the ingredients listed above please provide a suitable alternative. If you would like any advice on suitable alternatives please request this on the Evolve form.

Yours faithfully,

Mrs Honour and Mrs Hurley
Food Preparation and Nutrition Teachers