

Langley Park School for Girls

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



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

21 October 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 after half term 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 the next half term in advance.

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• 100ml milk• 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 upcoming half term and applies to those students who didn't have their food lessons last 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. The recipes will be cooked in order starting from Recipe 1.

Rotation 1

Week beginning: 4 November				
Week B				
	Mon	Tue	Thur	Fri
1 1			9K4	9S3
2 2				
3 3	9S1	9K2	9L3	
4 4				

Week beginning: 11 November				
Week A				
	Mon	Tue	Thu	Fri
1	9K2			9S3
2				
3	9L3		9G3	9K4
4				

Week beginning: 18 November				
Week B				
	Mon	Tue	Thu	Fri
1			9G3	9L3
2				
3	9K4	9S3	9S1	
4				

Week beginning: 25 November				
Week A				
	Mon	Tue	Thu	Fri
	9S1			9L1
	9G3		9K2	9G1

Allergies/Intolerances/Dietary Requirements

If your child has an allergy or dietary preferences, please email the details to Mrs Honour, aho@lpgs.bromley.sch.uk prior to your child's first 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 contact us.

Yours faithfully,

Mrs Honour and Mrs Hurley
Food Preparation and Nutrition Teachers