



December 2025

Dear Parent/Guardian

I hope that you are well and that you have all recovered from the trials of the mock exams! With year 11 being a busy year in Food Preparation and Nutrition in terms of coursework, I am writing to give you information on some key dates coming up after Christmas and how you can help support and organise your child towards their final practical exam in February.

There are 2 pieces of coursework in year 11 - the first piece (NEA1 Food Science Investigation - 15%) has already been completed in lesson time using ingredients sourced by us. The second piece of coursework (NEA2) is a longer, more complex piece of work that counts for 35% of the GCSE and will involve, as well as completing an extended piece of written work, 5 significant cooking sessions at school. I am intending for the dates of these to be as follows:

Tuesday 6th Jan - Technical skills 1 (double lesson)

Friday 16th Jan - Technical skills 2 (single lesson)

Tuesday 20th Jan - Technical skills 3 (double lesson)

Tuesday 3rd Feb - Technical skills 4 (double lesson)

Tuesday 24th OR Wednesday 25th OR Friday 27th Feb - Final practical exam - 3 hours

The students will be planning, in their food lessons, what they intend to cook on these 5 dates. It would be helpful if you could check that your child knows what they are doing and to help check they have got all their ingredients sourced, weighed out, labelled and any recipes printed off before each of the above practical lessons. BBC Good Food is a really good source of reliable recipes to use.

For the final practical 3 hour exam, your child will be **off timetable** on that morning, and will be asked to prepare, cook and present 3 dishes that fit a brief published by the exam board. It would be highly recommended (maybe over the Feb half term if possible) to provide an opportunity for your child to practise cooking these 3 dishes at home, under your supervision, so that they are confident going into that final practical exam. Again, they would also benefit from having an adult check their weighing and labelling of their ingredients to bring in for this extended task.

I realise that this is a big ask for parents, not only in providing ingredients, but also helping to prepare your child by providing them with opportunities to practise. Hopefully, you will benefit from some nice food being cooked for you to sample though! Any questions, please feel free to email me at sdarkins@langtreeschool.com.

If your child is absent through illness for any of the technical cooks, it is still sufficient to only complete 3 of them. If they are absent on their final practical exam day, then I would move them to the other day if this was possible.

May I take this opportunity to thank you for your support with your child in Food Tech so far - it is always very much appreciated.

Yours faithfully,
Sarah Darkins, Teacher of Food and Nutrition

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