

July 2026

Dear Parents/Carers of GCSE Food Preparation and Cooking for Life Students,

I would like to welcome your child officially to the KS4 Food course and give you some useful information regarding the logistics that come with doing a very practical subject, so that you can help support your child over the next 2 years.

Operational Matters:

In year 10, both courses will be cooking every week so keep an eye on Satchel for a list of ingredients that will need to be obtained ahead of the lesson. I am very mindful of the cost of food and will try to keep expenses down where possible and also provide some recipes that hopefully you can enjoy as part of your family meals. If your child is Pupil Premium (Free school meals) and has had ingredients provided for them in year 9 then we will continue to do this in year 10 unless you tell us otherwise or your circumstances have changed.

Equipment:

We have all of the equipment at school that your child will need to cook the dishes each week. However, there are some other pieces of kit that are essential that will be required:

- A **range** of different sized tupperware containers to transport food and ingredients to and from school - the ones with the [clip on lids](#) are really good quality and are watertight. Having a decent large one (cake box size) is particularly useful.
- A [pyrex lasagne type dish](#) - you can get ones now that have a plastic lid that fits on too - these are particularly useful for making and transporting oven baked dishes such as lasagne, fish pie, crumble.
- A decent wide labelled bag that can have a dish (such as a lasagne dish) placed in the bottom - ideal ones would be [cool bags](#) that the students can keep chilled refrigerated items to and from school.
- A labelled apron
- A labelled tea towel

Please do not feel obliged to go out and buy all of these things new as you may already have suitable items at home; these are suggestions that will make transporting food to and from school easier. PLEASE MAKE SURE THAT ALL CONTAINERS INCLUDING APRON AND **ESPECIALLY THE BAG** ARE NAMED.

Summer Challenge:

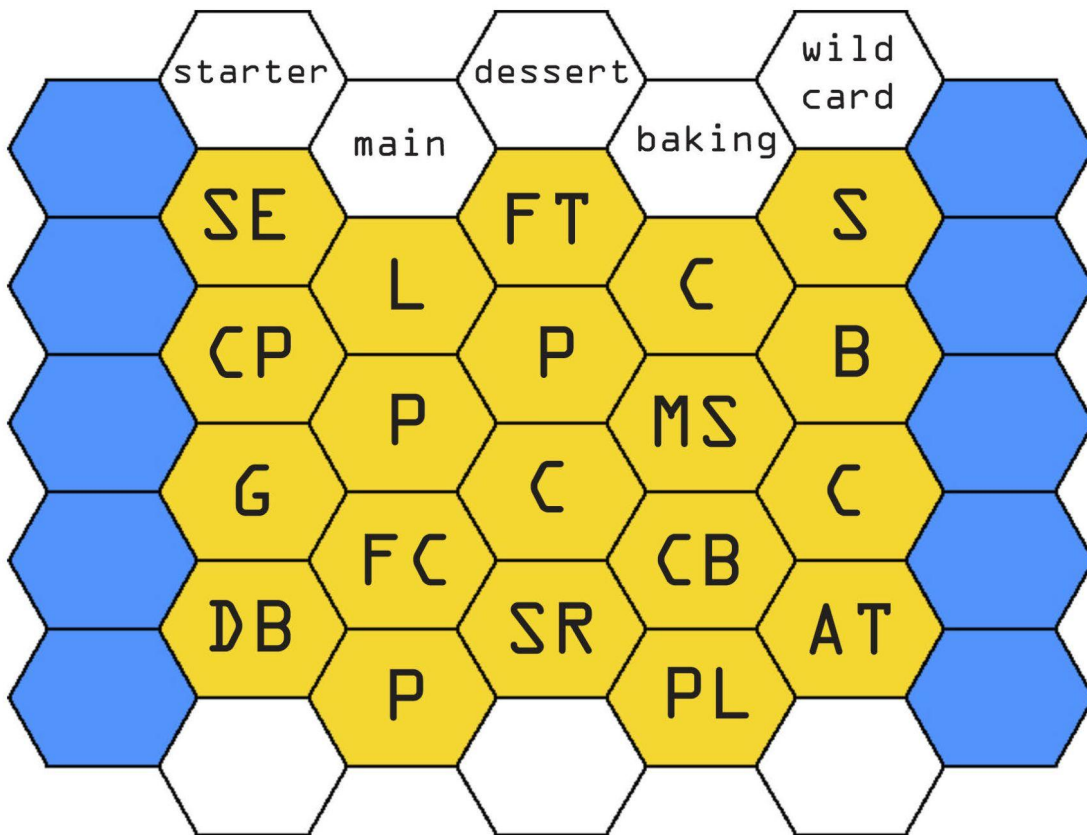
I realise that students will be coming from a range of backgrounds and cooking experiences. However, I hope that everyone has a shared interest in food and cooking and to this end I would like to set all Food students a challenge over the summer holidays to get them cooking and enjoying food with their families..... Overleaf is a copy of what I have launched with the students recently. If you could help organise some times for them to cook over the summer I would be grateful!

In the meantime, have a great summer and I look forward to working with your child over the next couple of years.

Yours sincerely, Sarah Darkins

Blockbuster Summer Cooking Challenge!!

Your task is to cook your way across the Blockbuster grid below, choosing a path (one from each column) from left to right that appeals most to you. I would like you to take a photo of each dish when you make it and then I will invite you to upload these to the Google Classroom in the first week back. There will be prizes in September for the best array of dishes made and head teacher commendations for anyone that has especially impressed me.



Key:

Starters: SE = Scotch eggs, CP= cornish pasties (mini), G = goujons with dipping sauce, DB= dough balls

Mains: L=lasagne, P=pizza, FC= fried chicken, P= Pie (chicken and mushroom, vegetable etc)

Desserts: FT = fruit tart, P= Profiteroles, C= cheesecake, SR = swiss roll

Baking: C= decorated cupcakes, MS=millionaires shortbread, CB= cinnamon buns, PL =plaited loaf

Wildcard: S= sushi platter, B= barbeque, C= curry, AT = afternoon tea

If you would prefer to cook an alternative dish (ideally with the same initial) then feel free to make that instead! I have selected a range of dishes that hopefully will allow you to showcase a range of skills.

Any questions, please feel free to email me - sdarkins@langtreeschool.com