

Queen Elizabeth High School



Ref: RK/SW

11th September 2026

Ashfields, Bromyard, Herefordshire, HR7 4QS

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Headteacher: Mr. S. Seneque NPQH

Yr10 GCSE Food Preparation and Nutrition Larder

Dear Parent and Carer,

As part of the GCSE Food Preparation and Nutrition course, pupils will cook a range of dishes which cover the six food commodity areas (fruit and vegetables, cereals, dairy, meat, fish and eggs, alternative sources of protein, fats, and sugars). This will enable pupils to practise a range of practical skills and processes in line with Eduqas curriculum guidance.

To allow this work to take place successfully, your son/daughter will be informed of recipes and dates of the practical sessions in their lessons. The list of ingredients required will be available on Class charts. In accordance with the health and safety policy, pupils must bring in their own apron. They will also be required to bring in a large named container to store ingredients/dishes in. We recommend that all containers are named (including lids) so they can be quickly recognised.

Pupils have the option of bringing all the ingredients in from home or we have set up a 'QE larder' which carries a wide range of store cupboard essentials – including herbs, spices, colourings, flavourings, oils, yeast, baking powder, soy sauce and garlic as well as some other items which may not commonly used at home. We hope that by providing these ingredients we can ensure all students have access to the same ingredients over the course of the year and reduce the overall cost to you by buying them in bulk. If you wish to use the QE larder, we would like to ask for a £10 contribution. Lists of recipes will detail which items can be sourced from the larder and those which are expected to be brought in.

Payments can be made by MCAS App, or we can take card payment over the phone

QE is a nut-free environment and therefore pupils will not be asked to bring in nut-based products. Please can I request your support in ensuring nut-based products are not bought into school.

If you require any further information about Key Stage 4 Food Preparation and Nutrition, please do not hesitate to contact me via email (rkent@tcat.school).

Yours sincerely

R Kent

Mrs. R Kent

Food Technology Teacher



QUEEN ELIZABETH
HIGH SCHOOL