

Food for the future

PRIMARY pupils from around the region will soon be serving up some sensational snacks.

Peebles-based social enterprise You Can Cook has landed a grant from the Big Lottery Fund to continue its mouthwatering mission for us to eat healthier.

The Awards for All cash will help the chefs run a series of cookery programmes in primary schools across the Tweeddale area.

Primary six and seven pupils at Priorsford in Peebles and St Ronan's in Innerleithen, along with their parents and carers, have already tucked into the starter course.

And top chef Bosco Santimano believes the new skills will help in many ways. He said: "These sessions are set up to offer parents an insight into nutrition and the health impacts of food on a developing body.

"Participants will go back home with a very good understanding of the foods that are available in our local food stores and supermarkets and how these can be turned into delicious meals and snacks for the whole family.

"Parents will be in a better position to understand the complexities of food and its effect on their health. This will encourage them to take responsibility once the issues and relevant pro and cons will be discussed and analysed at all sessions."

The Food for Thought programme will continue in the weeks ahead.

And Bosco believes all of the amateur chefs will benefit. He added: "People will be empowered to work towards a healthy lifestyle with all the knowledge and skills acquired during these sessions. We see this as a valuable educational opportunity for young people and parents alike."



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