

Cookery course puts teens in festive mood

Serving up a treat: Taking part in the cookery course, from left, Shannon, 10; Layla, 11; Seb, 10; and Callie, 13, with kitchen co-ordinator Ian Borland and food consultant Francine Russell have cooked up some festive treats on the last of their cookery

Photograph:
Dave Betts



YOUNGSTERS in Knowle West have been creating some festive fare thanks to new skills learned from a popular cookery course.

The courses at Filwood Community Centre have run all year with the aim of increasing young people's knowledge and skills in food preparation, food hygiene and healthy eating.

The group of young people aged 13 to 15 made mince pies, mulled juice and baked tangerines. And they were allowed to take it all home.

Throughout the year, youth groups, school pupil groups and young parents have all taken part in the courses, which have been funded by the Food Standards Agency and co-ordinated by Bristol City Council's Food Safety Team with help from the local Primary Care Trust.

They have been held at Knowle West Health Association's Training Kitchen at Filwood Community Centre.

Food Consultant Francine Russell has run all the cooking sessions and

said: "One of the aims of the project is to get people enthused about what they eat and how to cook from scratch.

"Young people feel really proud of the food they have prepared and cooked with a little guidance, a simple recipe to follow, and lots of fun. The participants leave the taster kitchen with the dishes they have produced, lots of healthy eating and cooking tips, and really up for the sessions in the new year."

Councillor Gary Hopkins, executive

member for community safety and environment, said: "I am delighted that these taster sessions have proved so popular in the local community, with places being filled almost entirely through word-of-mouth and participants are now signing-up for further courses in the new year."

Youngsters took away information packs and recipe cards so they could try out some of their favourite recipes at home. Bart Spices contributed free herbs and spices to the project.