

Parents get right recipe

PARENTS of children at St Philip's Marsh Nursery School have been cooking up some tasty treats.

They are taking part in a five-week course run by NHS Bristol called Cook4Life.

Chef Francine Russell is helping them create healthy dishes they can take home to share with their families.

The course includes the opportunity to try out lots of recipes and includes elements on budgeting and nutrition. The meals include chicken curry and apple and pear crumble.



TASTY: Parents at St Philip's Marsh Primary Nursery with chef and course leader Francine Russell cook up some healthy meals for all the family