



Let's get rolling: Food consultant Francine Russell with pupils, from left, Bemvindo, Kali, Ashley and Shaielle, all aged six

Smiles all round as pupils enjoy healthy eating

CHILDREN at a city primary school enjoyed a picnic to mark the end of a week learning about food. Pupils at St Mary Redcliffe Primary School in Windmill Hill made tortilla wraps in the school canteen before holding the picnic in the school hall. The school held activities to mark Food Week with the help of money from the Government to improve school dinners. Staff and pupils took part in a range of food-related events throughout the week, with the help of nutritionist Francine Russell. Children got the chance to try their hands at making smoothies and tasting different types of cheese, and there was



Healthy outlook: Jamie Oliver's efforts turned the national spotlight on to school meals

also an art competition with a food theme. School governor Richard Jones said: "After Jamie Oliver's campaign, every school received money from the Government, and we didn't want the money we received to be swallowed up, so we decided to hold a big event for



Food wrap fun: Food volunteer Zoe Bateman and Chatae, five, get wrapped up in their work at St Mary Redcliffe Primary School

the pupils. Food Week aimed to improve children's knowledge of food. "Research shows that when you get children involved in making food, it teaches

them more about healthy eating. Not only will eating well make a child healthy, it will benefit them educationally as they are able to concentrate more.

"During the week we had a special international menu incorporating tasty dishes from Italy, Mexico, China and America, and we have had a great response from local

producers who have come in to give talks. Our intention was to give the children a really memorable week, and it seems as if they have absolutely loved it."