

# Braintree and Witham **TIMES**

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● Vital ingredients – Jess Woolley and Jasmine Abbott get a taste of healthy food at Tutti Grille. (77425-b)

## Healthy approach

**AMBITIOUS** netballers swapped the court for the kitchen.

Pupils from Tabor Science College, Braintree, were taught how to eat healthily to achieve their ultimate performance at Tutti Tuscan Grille at Freeport Shopping Village, Braintree, yesterday.

The school's year eight netball team is unbeaten in the district and three students are also on the England squad development programme.

The head chef also demonstrated how to cook, as well as teaching the netballers how traditional Italian food can help you stay healthy. Rob Reeley, managing director of Tutti Tuscan Grille, said: "Fresh Italian food is ideal for sporting professionals as ingredients like vine tomatoes, olive oil, oregano and basil are packed with vitamins and anti-oxidants.

"It's also vital that our young generation stay fit and healthy. We were delighted to welcome such a successful netball team."