



## Find out what a balanced meal is



Find out about what a balanced meal is and cook a meal for family and friends

### Activity Type



**Age**  
3 - 5  
5 - 7  
7 - 11  
14 - 18

### Time



**Subject**  
Cooking  
Wellbeing

### Environment



### Price



**Soft Skills**  
Independence  
Responsibility

