



Make a stew using seasonal meat and veg



Make a stew using seasonal meat and veg. Try to use things you haven't cooked with before

Activity Type



Age

5 - 7
7 - 11
14 - 18

Time



Equipment

Chopping Boards
Cooking
Cooking Equipment
Cooking Ingredients
Cooking Stock
Knives
Pans
Vegetables

Environment



Subject

Cooking
Culture
Science
Wellbeing

Price



Soft Skills

Creativity
Fine Motor Skills
Listening
Observation
Resourcefulness
Teamwork

