



Make a recipe using carrots to see in the dark



Want to see in the dark? Make a recipe using carrots. These valiant veggies contain Vitamin A which helps you to see in low-light

Activity Type



Age

3 - 5
5 - 7
7 - 11
14 - 18

Time



Equipment

Carrots
Chopping Boards
Sharp Knife

Environment



Subject

Cooking
Maths
Science

Price



Soft Skills

Creativity
Fine Motor Skills
Independence
Organisation
Teamwork
Time management

