



## Make a recipe using carrots to see in the dark

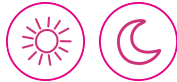


Want to see in the dark? Make a recipe using carrots. These valiant veggies contain Vitamin A which helps you to see in low-light

## Activity Type



## Time



## Environment



## Price



## Category Activities

### Sub Category Activities

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

**Equipment**  
Carrots  
Chopping Boards  
Sharp Knife

**Subject**  
Cooking  
Maths  
Science

**Soft Skills**  
Creativity  
Fine Motor Skills  
Independence  
Organisation  
Teamwork  
Time management

