









Cook something with super food spinach!



Spinach is a super-green superfood - use it as colouring to turn other stuff green or cook something with it

Activity Type		Time		Environment		Price	
		 				 	
Category	Sub Category	Age		Equipment		Subject	
Activities	Activities	7 - 11 14 - 18		Cooking Utensils Pans Spinach		Cooking Maths Science	
						Soft Skills	
						Decision making Organisation Research Time management	

