



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

Spinach



Equipment Cooking Utensils **Pans**

Price



Category **Activities**

Sub Category **Activities**

Age 7 - 11 14 - 18 Subject Cooking Maths Science

Soft Skills **Decision making** Organisation Research Time management