



Find out which foods can give you super energy!



Find out which foods can give you superhero strength and pack you full of energy. Can you make some tasty treats with them?

Activity Type



Age
7 - 11
14 - 18

Time



Subject
Cooking
Maths
Science

Environment



Price



Soft Skills
Creativity
Decision making
Fine Motor Skills
Imagination
Research
Self motivation
Time management

