



## Learn about scurvy & cook something to prevent it



Many pirates and sailors suffered from scurvy, find out what that is and cook/prepare a meal that would help prevent it

### Activity Type



### Time



### Environment



### Price



**Category**  
Activities

**Sub Category**  
Activities

**Age**  
7 - 11  
14 - 18

**Equipment**  
Bowls  
Pans  
Sharp Knives  
Various Food

**Subject**  
Cooking  
English  
Maths  
Science

**Soft Skills**  
Creativity  
Decision making  
Fine Motor Skills  
Independence  
Leadership  
Observation  
Organisation  
Research  
Time management

