



Make a soup-er hero soup with superfoods!



Be a soup-er hero and make a soup packed with superfoods such as chard, spinach or kale. Find out why they're superfoods

Activity Type



Age

5 - 7
7 - 11
14 - 18

Time



Equipment

Cooking Utensils
Electric Blender
Pans
Stock Cubes
Various Vegetables
Water

Environment



Subject

Cooking

Price



Soft Skills

Decision making
Independence
Organisation
Research
Teamwork
Time management

