



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



Category

Activities

Time





Sub Category **Activities**

Age 5 - 7 7 - 11 14 - 18 **Environment**



Equipment Cooking Utensils Electric Blender **Pans** Stock Cubes Various Vegetables Water

Subject Cooking

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

Price