



## Make some tasty mood-boosting banana bread



Bananas have the power to boost your immune system and your mood, use them to bake a tasty banana bread or enjoy chocolate bananas cooked on a campfire

### Activity Type



#### Age

5 - 7  
7 - 11  
14 - 18

### Time



#### Equipment

Bowls  
Butter  
Chocolate  
Flour  
Sugar  
Tin Foil  
Wood Spoons

### Environment



#### Subject

Cooking  
Maths  
Science

### Price



#### Soft Skills

Independence  
Organisation  
Research  
Time management

