



## Make and share your favourite comfort food



Make you favourite comfort food for others to try

### Time



### Age

7 - 11  
14 - 18

### Environment



### Equipment

Cooking Equipment  
Ingredients

### Price



### Subject

Cooking  
Wellbeing

### Activity Type



### Soft Skills

Creativity  
Decision making  
Empathy  
Independence  
Mental Health Awareness  
Relaxation  
Time management

