



## Find out about the nutritional value of fast food



Find out about the nutritional value of fast food and have a go at making a healthier version

### Equipment



**Age**  
7 - 11  
14 - 18

### Time



### Environment



**Subject**  
Cooking

### Price



### Activity Type



**Soft Skills**  
Decision making  
Fine Motor Skills  
Independence  
Listening  
Observation  
Problem solving  
Research  
Resourcefulness  
Responsibility  
Teamwork

