



Cook something with super food spinach!



Spinach is a super-green superfood - use it as colouring to turn other stuff green or cook something with it

Time



Age

7 - 11
14 - 18

Environment



Equipment

Cooking Utensils
Pans
Spinach

Price



Subject

Cooking
Maths
Science

Activity Type



Soft Skills

Decision making
Organisation
Research
Time management

