



## 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

### Time



#### Age

5 - 7  
7 - 11  
14 - 18

### Environment



#### Equipment

Cooking Utensils  
Electric Blender  
Pans  
Stock Cubes  
Various Vegetables  
Water

### Price



#### Subject

Cooking

### Activity Type



#### Soft Skills

Decision making  
Independence  
Organisation  
Research  
Teamwork  
Time management

