

Find out about what a balanced meal is and cook a meal for family and friends



Why?

45% of all child deaths are linked to malnutrition.

Age 14 - 18

Age 3 - 5

Age 5 - 7

Age 7 - 11

Activity details

This activity counts towards...



- Den Day Challenge

£/££/Free
Day/Night

Indoors

11 - 14
 5 - 7
 3 - 5

14 - 18
 7 - 11

Autumn
 Summer

Spring
 Winter

Skills:

- Independence
- Responsibility

Equipment: