Learn about foods that can boost your mood and cook with them

Why?

Age 14 - 18

Age 7 - 11

Activity details

This activity counts towards...

- Buddy Bag Foundation

££	Indoors
Day/Night	

☐ 11 - 14	☑ 14 - 18
☐ 5 - 7	☑ 7 - 11
☐ 3 - 5	

☑ Autumn	☑ Spring
☑ Summer	☑ Winter

Skills:

- Creativity
- Independence
- Mental Health Awareness
- Relaxation
- Time management

Equipment:

- Cooking Equipment