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

Why?

“Uncle Fat” is a morbidly obese monkey in Thailand who gorged himself on junk food and fizzy pop that tourists had left behind.

Age 14 - 18

Age 7 - 11

Activity details

This activity counts towards...

• Monkey Challenge

££/£££	Indoors
Day/Night	

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

☑ Autumn	☑ Spring
☑ Summer	☑ Winter

Skills:

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

Equipment:

- Food