# Make a stew using seasonal meat and veg. Try to use things you haven’t cooked with before

**Age 14 - 18**

**Age 5 - 7**

**Age 7 - 11**

## Activity details

**This activity counts towards...**

• Winter Challenge

£ Indoors
Day/Night

- [ ] 11 - 14
- [x] 14 - 18
- [x] 5 - 7
- [x] 7 - 11
- [ ] 3 - 5

- [ ] Autumn
- [ ] Spring
- [ ] Summer
- [x] Winter

**Skills:**

- Creativity
- Fine Motor Skills
- Listening
- Observation
- Resourcefulness
- Teamwork

**Equipment:**

- Chopping Boards
- Cooking
- Cooking Equipment
- Cooking Ingredients
- Cooking Stock
- Knives
- Pans
- Vegetables