

# Improve your night vision and cook up a carrot based recipe



Age 14 - 18

Age 7 - 11

## Activity details

This activity counts towards...



- Spy Adventures

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££	Indoors
Day/Night	

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|----------------------------------|---|
| <input type="checkbox"/> 11 - 14 | <input checked="" type="checkbox"/> 14 - 18 |
| <input type="checkbox"/> 5 - 7   | <input checked="" type="checkbox"/> 7 - 11  |
| <input type="checkbox"/> 3 - 5   |   |
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- |  |  |
|--|--|
| <input checked="" type="checkbox"/> Autumn | <input checked="" type="checkbox"/> Spring |
| <input checked="" type="checkbox"/> Summer | <input checked="" type="checkbox"/> Winter |
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## Skills:

- Independence
- Time management

## Equipment:

- Carrots
- Cooking Equipment