

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

| | |
|-----------|---------|
| ££ | Indoors |
| Day/Night | |

- | | |
|----------------------------------|---------------------------------------------|
| <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 | |
-

- | | |
|--------------------------------------------|--------------------------------------------|
| <input checked="" type="checkbox"/> Autumn | <input checked="" type="checkbox"/> Spring |
| <input checked="" type="checkbox"/> Summer | <input checked="" type="checkbox"/> Winter |
-

Skills:

- Independence
- Time management

Equipment:

- Carrots
- Cooking Equipment