

# Find and make a recipe using leeks



## Why?

Leeks are the national emblem of Wales. According to legend St David told the Welsh to wear leeks so they could tell friend from foe in battle. Today Welsh people around the world wear leeks on St David's Day

**Age 14 - 18**

**Age 7 - 11**

## Activity details

### This activity counts towards...



- St. David's Day

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£/Free Day/Night	Indoors
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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:

- Communication
- Decision making
- Independence
- Organisation
- Research
- Resourcefulness
- Responsibility

### Equipment:

- Various Food