

Want to see in the dark? Make a recipe using carrots. These valiant veggies contain Vitamin A which helps you to see in low-light



Age 14 - 18

Age 3 - 5

Age 5 - 7

Age 7 - 11

Activity details

This activity counts towards...



- Superhero Adventures

£
Day/Night

Indoors

- | | |
|-------------------------------------------|---------------------------------------------|
| <input type="checkbox"/> 11 - 14 | <input checked="" type="checkbox"/> 14 - 18 |
| <input checked="" type="checkbox"/> 5 - 7 | <input checked="" type="checkbox"/> 7 - 11 |
| <input checked="" 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:

- Creativity
- Fine Motor Skills
- Independence
- Organisation
- Teamwork
- Time management

Equipment:

- Carrots
- Chopping Boards
- Sharp Knife