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

£	Indoors
Day/Night	

☐ 11 - 14	☑ 14 - 18
☑ 5 - 7	☑ 7 - 11
☑ 3 - 5	

☑ Autumn	☑ Spring
☑ Summer	☑ Winter

Skills:

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

Equipment:

- Carrots
- Chopping Boards
- Sharp Knife