

Spinach is a super-green superfood - use it as colouring to turn other stuff green or cook something with it



Age 14 - 18

Age 7 - 11

Activity details

This activity counts towards...



- Superhero Adventures

£/Free	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 | |
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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:

- Decision making
- Organisation
- Research
- Time management

Equipment:

- Cooking Utensils
- Pans
- Spinach