Many pirates and sailors suffered from scurvy, find out what that is and cook/prepare a meal that would help prevent it

Age 14 - 18

Age 7 - 11

Activity details

This activity counts towards...

- Pirate Adventures

£/Free	Indoors
Day/Night	

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

☑ Autumn	☑ Spring
☑ Summer	☑ Winter

Skills:

- Creativity
- Decision making
- Fine Motor Skills
- Independence
- Leadership
- Observation
- Organisation
- Research
- Time management

Equipment:

- Bowls
- Pans
- Sharp Knives
- Various Food