Be a soup-er hero and make a soup packed with superfoods such as chard, spinach or kale. Find out why they’re superfoods

Age 14 - 18

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:

- Decision making
- Independence
- Organisation
- Research
- Teamwork
- Time management

Equipment:

- Cooking Utensils
- Electric Blender
- Pans
- Stock Cubes
- Various Vegetables
- Water