

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	

- | | |
|---|---|
| <input type="checkbox"/> 11 - 14 | <input checked="" type="checkbox"/> 14 - 18 |
| <input checked="" 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
- Independence
- Organisation
- Research
- Teamwork
- Time management

Equipment:

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