

Bananas have the power to boost your immune system and your mood, use them to bake a tasty banana bread or enjoy chocolate bananas cooked on a campfire



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            |                                             |

|                                            |                                            |
|--------------------------------------------|--------------------------------------------|
| <input checked="" type="checkbox"/> Autumn | <input checked="" type="checkbox"/> Spring |
| <input checked="" type="checkbox"/> Summer | <input checked="" type="checkbox"/> Winter |

### Skills:

- Independence
- Organisation
- Research
- Time management

### Equipment:

- Baking Tins
- Bananas
- Bowls
- Butter
- Chocolate
- Flour
- Sugar
- Tin Foil
- Wood Spoons