

Find out which foods help build muscle and make a meal using some of them



For leaders

A T-Rex had powerful, muscular back legs. With younger groups this could be run as a cooking challenge where recipe cards are provided. With older groups give a selection of ingredients and let them get inventive.

Age 14 - 18

Age 5 - 7

Age 7 - 11

Activity details

This activity counts towards...



- T-Rex Challenge

£	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:

- Research

Equipment: