A picture containing food, table, box, slice

Description automatically generatedA picture containing person, indoor, man, food

Description automatically generatedA piece of cake sitting on top of a wooden table

Description automatically generatedA picture containing person, indoor, cabinet, laying

Description automatically generatedA picture containing food

Description automatically generatedA close up of a piece of paper

Description automatically generatedA bowl of food on a table

Description automatically generatedA picture containing table, food, sitting, wooden

Description automatically generatedA picture containing small, baby, plate, table

Description automatically generatedA picture containing person, indoor, food, man

Description automatically generatedA picture containing colorful, indoor, little, small

Description automatically generatedA picture containing indoor, sitting, table, small

Description automatically generatedA picture containing man, food, laying, woman

Description automatically generatedA picture containing person, indoor, man, young

Description automatically generated

My energy bar, I made a list of the ingredients that are high energy foods and then made my own “Speedy energy bar” Maddie and Daddy said it was delicious and made them get up and go,go,go!

I did the Super Hero challenge and made some Super Hero biscuits that were delicious. I weighed the ingredients out and followed the recipe, Mummy and Maddie helped me decorate the biscuits and turn them into ‘family super hero stay at home biscuits.’