



The Food Education Company hopes these fun challenges will help people explore the world of food and cooking... schools, community groups, families and individuals can give them a go.

There is no order to trying the challenges...simply pick one and give it a go!

Remember you can ask our team of chefs anything related to these challenges!

Good luck and have fun!

### **GROW YOUR OWN HERBS**

Like owning a pet, herbs take responsibility, looking after and are fun. Have fun growing from seeds or maybe you would prefer to buy your herbs from the supermarket and plant in your garden or sit them on your windowsill. Remember like humans, plants need plenty of water to survive...good luck!