

GROW A PLANT



STEP 1 It's easy to grow your own food! Start with empty eggshells that have had their tops cut off. Fill them with cotton wool.



STEP 2 Scatter cress seeds on top. If you don't have cress seeds, you can use wheat seeds instead.



STEP 3 Water the seeds. You will need to keep the cotton wool moist at all times. Put the eggshells on a sunny windowsill. After a few days you should see cress sprouting.

Decorate the egg
Add smiley faces to your eggshells. Once the cress starts growing it will look like the eggshells have hair!



HOW DO PLANTS GROW?



Most plants begin as seeds. Seeds contain the instructions for making the baby plant.



When the temperature is right and the seed has enough water, the plant will begin to emerge.



Eventually the plant reaches the surface, where it gets energy from sunlight and continues to grow.

Harvest and eat

Once the cress is about 5 cm (2 in) tall, it is ready to harvest. Cut the stalks just above the cotton wool and give the cress a rinse with water. Then add it to salads or sandwiches to give them a peppery flavour.



Instead of human faces, why not try painting an animal on your egg shell instead?

Suitable for 5-7 years

Content from: *Unlock Your Imagination*
Available now

