HoW DO PLANTS GROW?

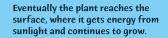


Most plants begin as seeds.

for making the baby plant.



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



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.

STEP 1 It's easy to grow your own food! Start with 4 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!

Suitable for 5–7 years



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

GROW A PLANT

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