

Cress Heads



Plants need water, air and sunlight to grow. This is an example of how to grow without soil.

You will need:

Cress seeds or alpha sprout seeds

2 eggs (shells)

Kitchen roll

Cotton wool

Felt tips

Clear plastic drinks bottle

Scissors



Instructions

1. Boil the eggs until they're hard boiled. Take the tops off gently. Clean the inside of the eggs gently, so they don't break. Alternatively, you could use yoghurt pots; make sure you clean the inside of the pots.
2. Draw a face on the egg shells or yoghurt pots using felt-tip pens or paint.
3. Wet some kitchen roll and put it in the bottom of the egg shells or yoghurt pots.
4. Wet some cotton wool and put it on top of the kitchen paper. (Make sure there is a gap between the cotton wool and the top of the egg shells.)
5. Put some cress seeds on the cotton wool and press them down gently.
6. Put your egg shells or pot in a sunny, warm spot - like a kitchen windowsill.
7. You can make a greenhouse to put over one of the egg shells or pots. Cut the top off a plastic drinks bottle and put the bottom half of the drinks bottle over the top of one yoghurt pot or egg shell; the inside of your 'greenhouse' will be warm and damp.