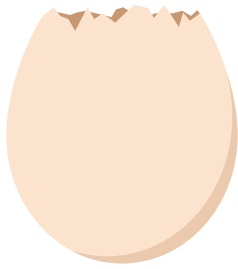
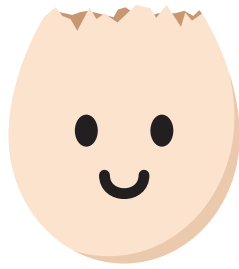


CRESS EGG HEAD

It is fun to grow plants like Amira did in her suitcase. You can use the step by step instructions below to grow some super easy cress in an old egg shell on your kitchen bench.



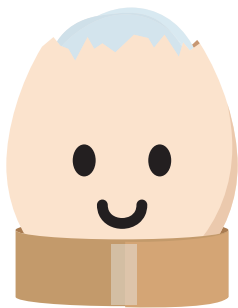
You will need a clean, dry egg shell.



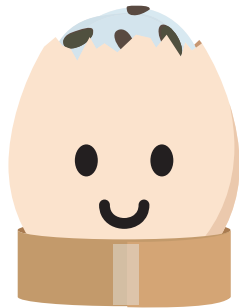
Use black pen to draw a face on the shell.



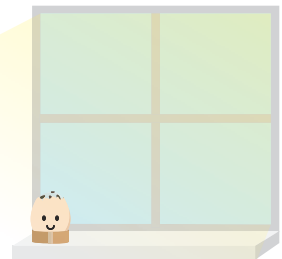
Make a circle out of a strip of cardboard to hold the eggshell.



Wet some cotton balls and place it in the eggshell.



Sprinkle the cress seeds onto the moist cotton wool.



Place the egg somewhere warm and light. Check regularly to see if it needs water.

The cress will grow quickly and within 5 days you should be able to trim it to use in sandwiches and salads.

Early Years Learning Framework: Outcome 4 - engage with situations to explore their environment and nature.

