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 this 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 bottles 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.



