

Eggy Cress Heads

A fun and simple way to introduce the concept of growing food at home.

5-9

Biodiversity & Interdependence



As a **health and wellbeing** activity this is a great place to begin growing food. Plants like cress grow quickly from seed; and the process from planting to harvesting can take less than a week.

The activity can support scientific outcomes in **plant science** and the opportunity to change variables builds general **scientific enquiry** skills.

The activity can be done with similar effects using the foot of an old pair of tights filled with soil and grass seed for a 'grass head.' How many other seeds can be grown into living hairdo's? Play around!

Equipment

Egg shell
Egg box or egg cup
Pens and/or other craft items to decorate
Seeds- cress, or grass, seeds work well as they are fast growing.
Cotton wool

Activity

Next time you use an egg for cooking, or eating, instead of throwing the shell away use it to plant seeds inside.

You will need to wash and dry your empty eggshell. You can keep it in the egg box or use an egg cup as a holder to stop it falling over.

The next step is to decorate your eggshell with a face. Maybe draw the face of someone you know, or a famous person.

Wet some cotton wool and place it inside the eggshell.

Sprinkle over your seeds all over the cotton wool.

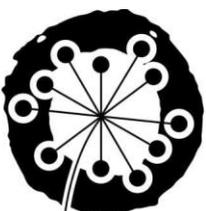
Leave to grow. Make sure your cotton wool stays damp.

Your egg face will soon have a head of cress hair!

Extension

Discuss what plants need to grow and survive.

Look at other types of seeds.



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