Shaped Cress

Equipment: Bag of cress seeds, ten paper towels/napkins, plastic plate, flat plastic tray, cookie cutters, tea spoon, plastic measuring jug with water

Method:

1. Lay ten paper towels/napkins on the plate.
2. Pour water onto the napkins, soaking them through.
3. Place your selected cookie cutters onto the napkins, leaving a small gap between each one.
4. Using your tea spoon, sprinkle the seeds into the cooking cutters.
5. Ensure that the seeds are spread out evenly; hold the cutter in place as you do so.
6. Once you have evenly spread the seeds, remove the cutter off of the napkin, place the plate on to the flat plastic tray, and make sure it is placed in a light area.
7. To encourage the seeds to grow, water the napkins every day, making sure not to wet the seeds.
8. Your cress will be ready to eat once it has grown to be as long as your little finger.

Links to the Early Years Foundation Stage:

Understanding the World: The World

'Developing an understanding of growth, decay and changes over time.'



