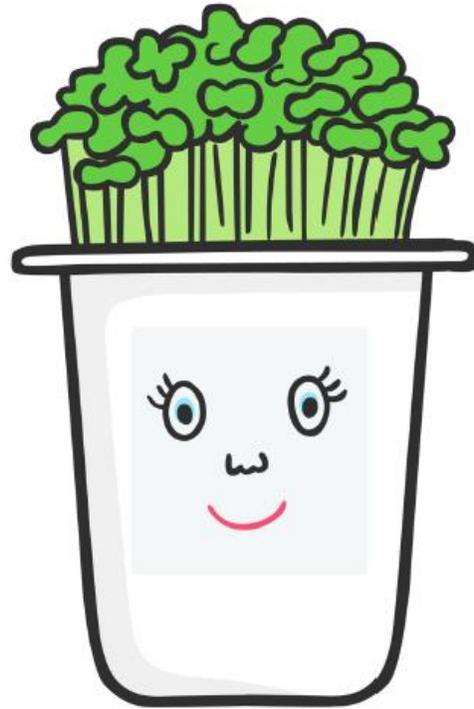


How to Grow a Cress Head



How to Grow a Cress Head

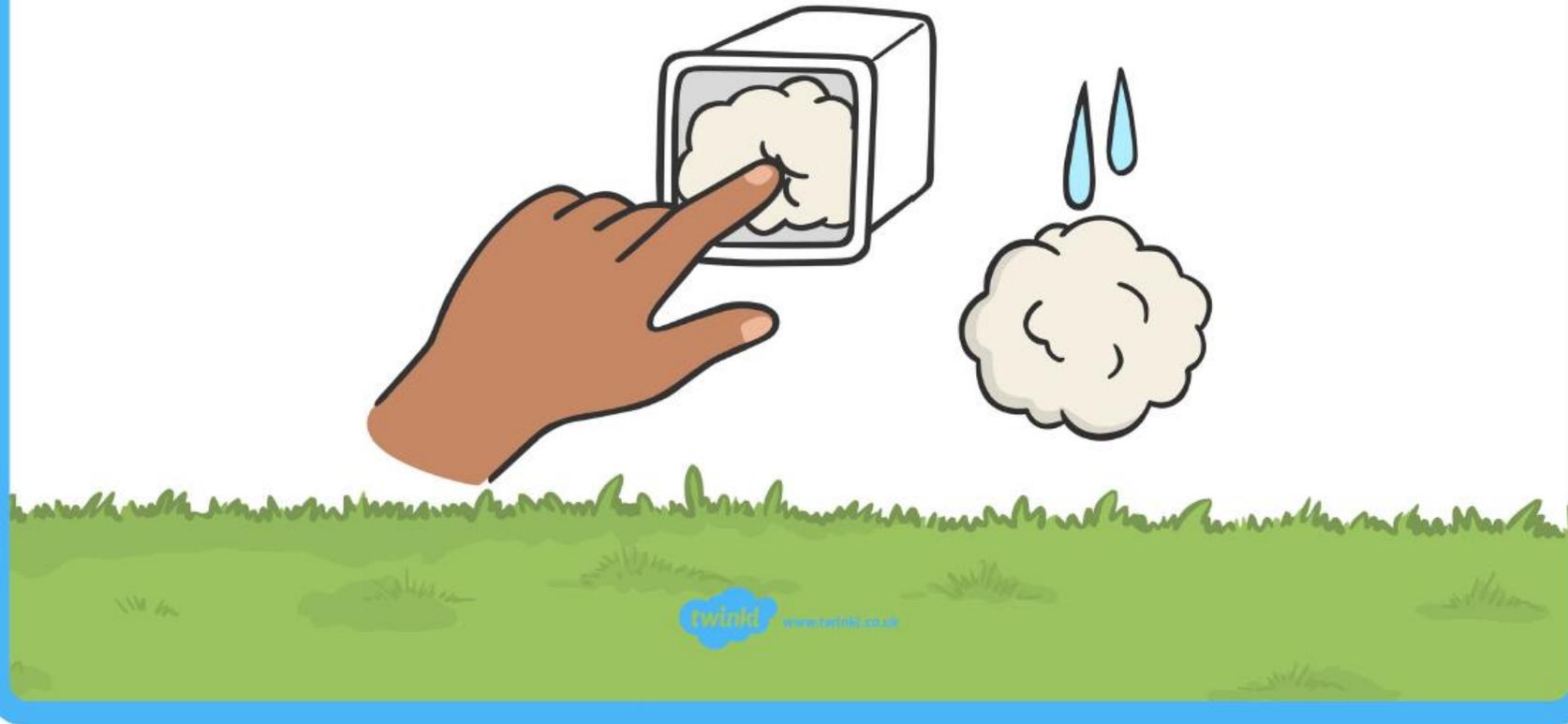
1. Draw a face onto a sticky label and stick this onto the yoghurt pot.



Use one of the plastic cups that you picked up from school instead of a yoghurt pot.

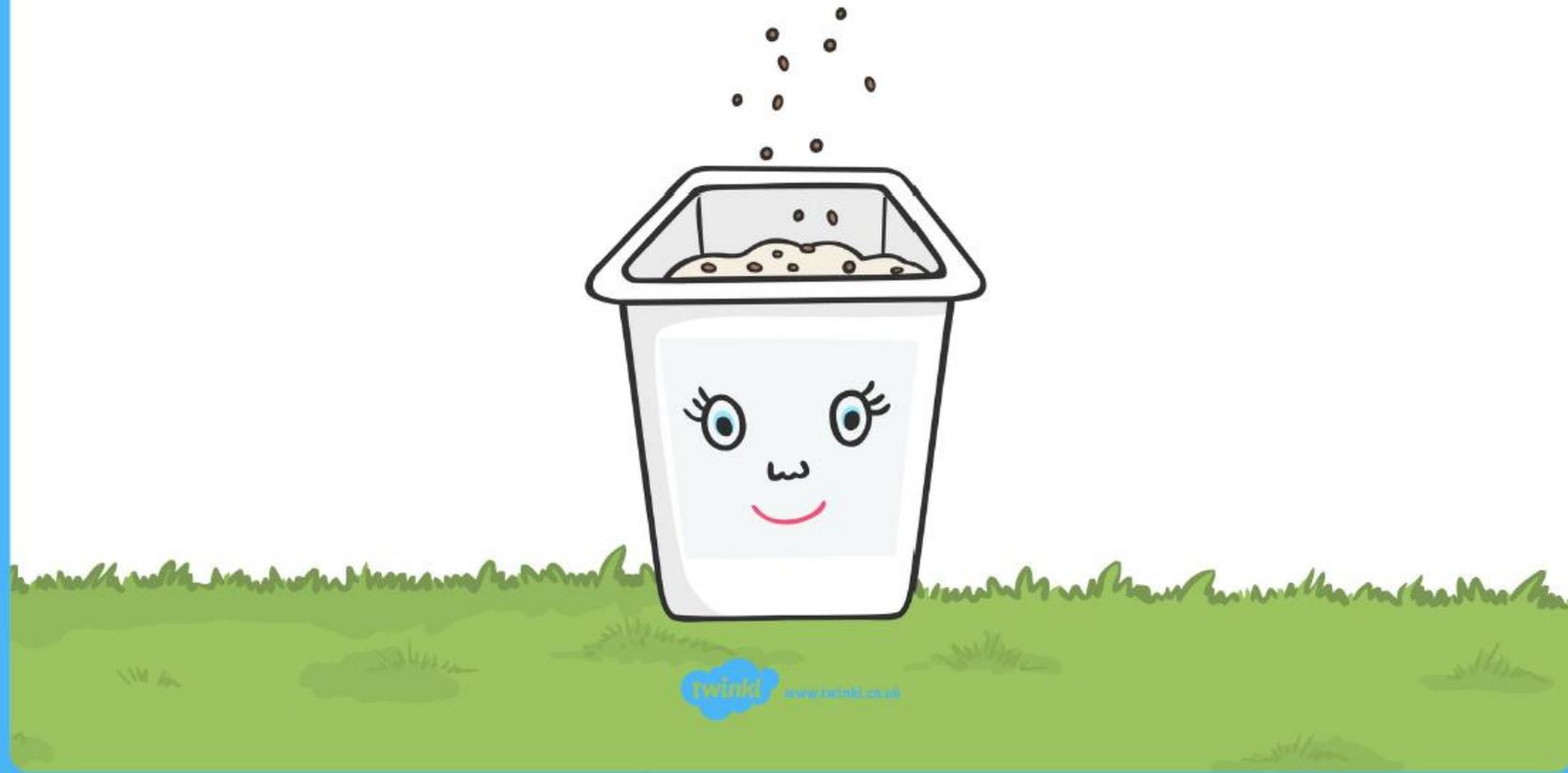
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2. Wet some cotton wool and push it into the bottom of the yoghurt pot. Add another layer of damp cotton wool on top.



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3. Sprinkle the cress seeds on top of the cotton wool.



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4. Place the pot in a warm, sunny spot.



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5. After about a week, your cress head will have a head of cress hair!



When the cress grows you can use scissors to cut some off and put it in an egg or cheese sandwich.



Also prepare for future topic lessons by planting your beans in a cup so that you can see the roots and shoots come up.

Place the paper towels in the cup by wrapping one inside the cup and scrunch the other one up to keep the first one in place



Place the beans between the side of the cup and the paper towel so that it sits in place where you can see it. Keep the paper towels moist and your bean will start to grow.