

# Activity Sheet 3 Grow a cress head



Cress is quick and easy to grow and a great way to get children interested in growing vegetables.

## What you need:

Cress seeds | Washed empty yoghurt pots | Paint or pens to decorate the pots with a face  
Kitchen roll | Cotton wool

Paint your yoghurt pots let them dry and then add faces to them.

Wet some scrunched up kitchen roll and push it into the bottom of the pot then add a thin layer of damp cotton wool. Leave a gap of about 2cm below the top of the pot.

Sprinkle cress seeds on top of the cotton wool pressing them down lightly and try to make sure they are evenly spread over the cotton wool.

Leave the pot in a warm light place like a window sill and look daily for signs of growth which should happen after about 7 days. (Check that the cotton wool remains damp and add a little water if necessary.) When your cress has grown you can cut it and eat it – we recommend trying it in an egg and cress sandwich.

