

# Cress Heads

## Learning objectives:

Understanding that food doesn't just come from shops, it grows!

Understand that plants need water and sunlight to grow.

Notice changes over time with the cress seed growing significantly day by day.





## Practitioner knowledge:

Cress is the perfect seed to grow with children because it grows so fast. Within a week you'll have beautifully grown cress ready to eat.

It's important to teach children that seeds need water and sun light to grow. Let the children experiment by placing the cress head in different environments such as on windowsills, in cupboards or even in the fridge.

Once grown, put it to good use by eating it.



## How to create your own cress head:

To begin, all you'll need is:

- An egg or a pot
- A permanent marker or felt tip pen to draw the face
- Cotton wool or soil
- Cress seeds
- Water



### **Step 1 – Prepare your shell**

Adult's job: carefully break the top of the egg and pull some shell away until there is enough of an opening to remove the yolk and whites.

Draw your face on to the egg carefully.



### **Step 2 – Fill**

Fill almost to the top with either cotton wool or compost.

Put enough in so that you will see the cress as it grows.



### **Step 3 – Seeds**

Cress seeds are very small so you can put a lot in.



### **Step 4 – Water**

Add a little water.

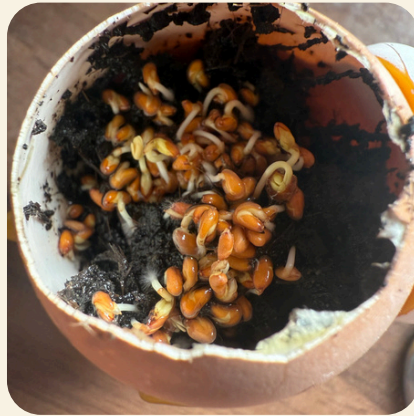
### **Step 5- Watch and wait!**

Leave it where you want it to grow and check in every day.



## How fast will cress grow?

Here is a day-by-day sneak peak!



Try the cress on it's own or use as a delicious garnish on a pizza or in some egg mayonnaise!