

SCIENCE

Activity

Grow your own salad leaves and vegetable markers.

How Seeds Grow

Seeds are usually quite small but there are very powerful. Seeds contain food and all the instructions necessary to sprout to life as a plant if they are planted!

When we plant seeds, first they grow roots, and then once the roots take hold, a small plant will begin to emerge and eventually break through the soil. When this happens, we say that the seed has sprouted. The scientific name for this process is germination.

The three things plants need to grow are light, food, and water.

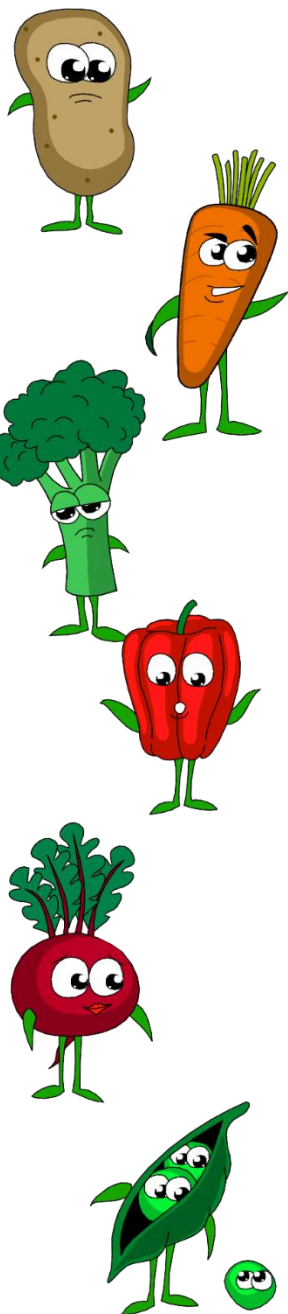
Light, whether from the Sun or an artificial light source (like a light bulb), gives the small plant the energy it needs to begin photosynthesis. Photosynthesis is the process the plant uses to convert light energy into food.

Like all living things, plants need water. Once a seed sends out roots, these roots will deliver water from the soil to the plant. As the plant grows and needs more water, roots will grow longer and stretch farther to find the necessary water in the soil.

When you get dry seeds at a gardening store, the seeds are dormant, which means they're inactive. All it usually takes to wake them up, though, is just to add water. Whether you plant them in moist soil or simply wrap them in a moist paper towel, they will begin to come to life.

Grow your own lettuce leaves

- Find a pot or a tray with holes in the bottom for the water to drain through
- Fill with compost leaving some for later.
- Spread your salad seeds on the top of the compost and use the remaining compost to cover the seeds.
- Water gently as you don't want to wash the seeds away.



Place your pots in something to catch the water and put it outside or in a sunny position. Keep it moist.

It will take about six weeks before you can start harvesting them. Keep an eye on how well your seeds are growing.

When you harvest cut the outer leaves and be careful not to cut the growing tip in the middle where the newest young leaves are. Keep cutting the next 6 weeks until they stop growing.

To make your markers use pebbles and deco pens or chalk pens. Colour and label or draw a picture of the fruit or vegetable on it.

Examples



Materials required:

Fruit, vegetables, skewers, toothpick, plates

Time required:

30mins – 1 hour

