



Pea Shoot Hair

This is a great activity for learning how to grow seeds and understand what a seed needs to grow. It's also a great way to try a new vegetable.

Resources:

- Recycled paper cup or plastic container e.g. yoghurt pot
- Compost
- Pea seeds
- Coloured pens

Step-by-step guide:

1. Make holes in the bottom of your paper cup/container using a sharp pencil
2. Decorate one side of your container with a funny face or character - the more colour the better
3. Fill your container almost to the top with compost
4. With your hands push dried pea seeds into the surface of the compost (keeping them close together). Cover the top with compost
5. Water your peas until the water starts to drain out of the bottom
6. Place a lid or foil (with a few small holes) over your container and place on a cool windowsill
7. Check your seeds everyday until you see shoots, then remove the lid/foil
8. Place your container on a small plate or bowl and keep it in a sunny part of your home
9. When the shoots are about 5cm long, use a scissors or snap them off carefully with your fingers

Top Tip: leave some of the green shoots and leaves, as the plant will need these to grow more delicious shoots for you to pick in a few days time!