

CLASSROOM ACTIVITIES

THIS EASY ACTIVITY CAN BE CARRIED OUT AS A CLASS OR IN SMALL GROUPS.

GROW YOUR OWN POTATOES

POTATO CRESSHEADS

Not only will children have great fun making and decorating these, but once they grow, pupils can use the cress in their potato salad.

- 1 fresh potato
- Paints or felt-tip pens
- Cress seed
- Cotton wool

1. Cut off and scoop out the top of the potato to create a hollow for the cress to be grown in
2. Slice off the bottom of the potato to create a flat surface so the potato will stand up
3. Now the potato can be decorated with paints or felt-tips
4. Once the decorating is complete, dampen the cotton wool and place on the top of the potato
5. Sprinkle the cress seeds on top of the cotton wool
6. You are now ready to find a sunny spot to place your potato cresshead and wait for the magic to happen
7. Check each day and add water, if needed, to keep the cotton wool damp. Once the cress has grown enough, it can be cut, eaten and enjoyed.

Note: Adult help may be needed for steps 1 and 2



WHY NOT TRY A CREEPY-CRAWLY DESIGN



LADYBIRD



CATERPILLAR



BUMBLE BEE



SPIDER

Why not let us know how you get on and send in your stories or pictures of your potato cressheads? Share your results on social media:

Facebook, Instagram TikTok and X @GYOPotatoes