

Track 20

Girl: Cress is a leaf that you can eat and it's really good for you. You don't need soil, you can grow it in your classroom. Here's how...

Before you start, clean a recycled plastic container – a yoghurt pot, for example – and rinse it with water. Then draw a face on it with coloured pens – you'll see why later! Then fold a paper towel, put water on it and put it at the bottom of the container. After that, put water on some cotton wool and put it on top of the paper towel. Then put some cress seeds on the cotton wool and press them down carefully. Put your pot in a warm, sunny place. After that, ask an adult to cut the top off a clear plastic bottle, then put it over your pot. The inside of the bottle gets warm and humid and this helps the cress to grow. When there are green leaves on your cress plant you can eat them! Try them in sandwiches, pitta bread or a salad, or with fish or eggs.