



# Growing Plants





# How to Grow Cress



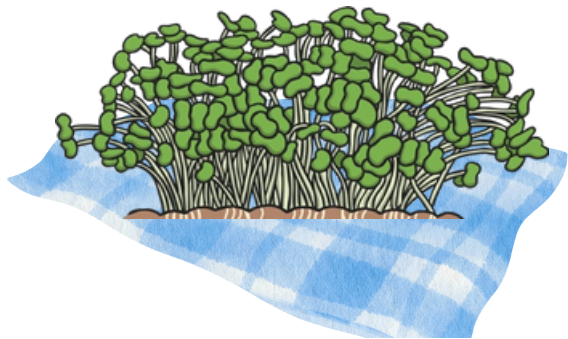
**Wet the blue paper towel with water.**



**Sprinkle the cress seeds on top of the paper towel.**



**Place the pot in a warm, sunny spot.**



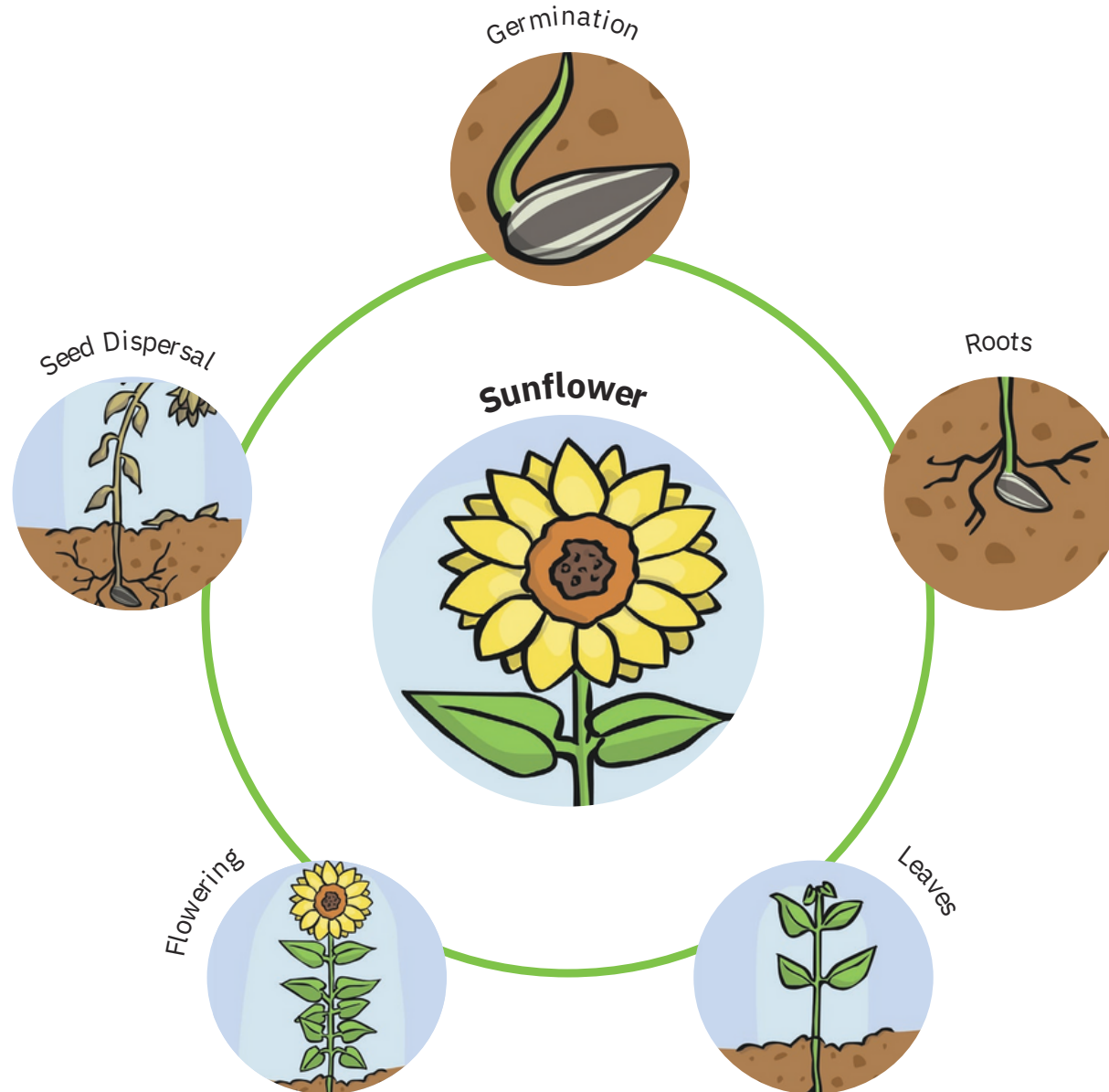
**After about a week, your cress will have grown!**

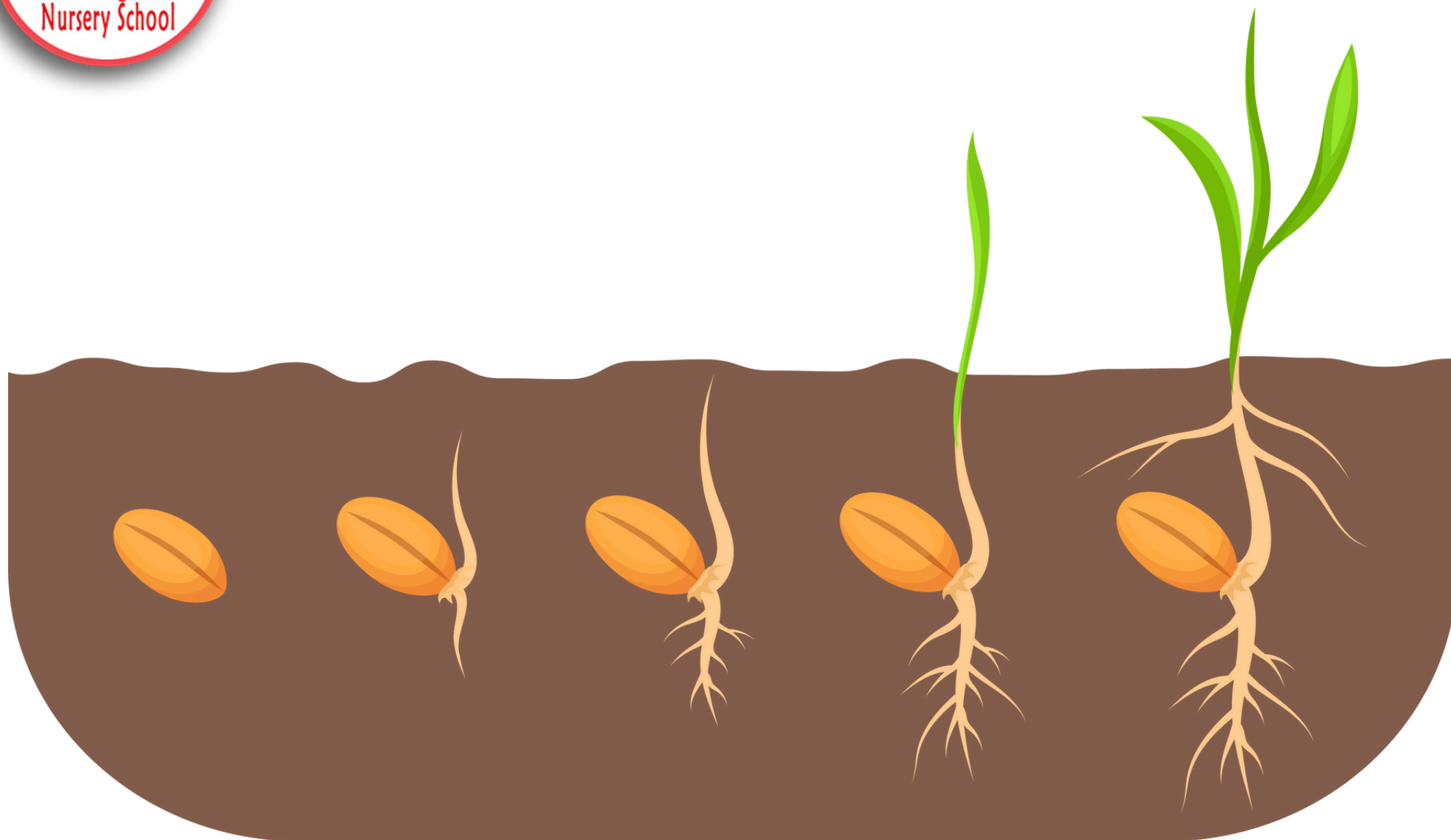


**Once the cress is about 5cm tall it can be cut with scissors, washed and then eaten – it is yummy in egg sandwiches and salads.**



# The Sunflower Life Cycle







# How to grow a seed



Fill the plant pot almost to the top with soil.



Make a small hole in the soil.  
Put one seed into the hole.



Cover the seed with more soil.  
Pat down gently.



Give the seed some water. Be careful not to water it too much.



Place the plant pot somewhere bright and sunny like a windowsill.



Water the seed when the soil feels dry.



The seed should start to sprout in 1 to 2 weeks.

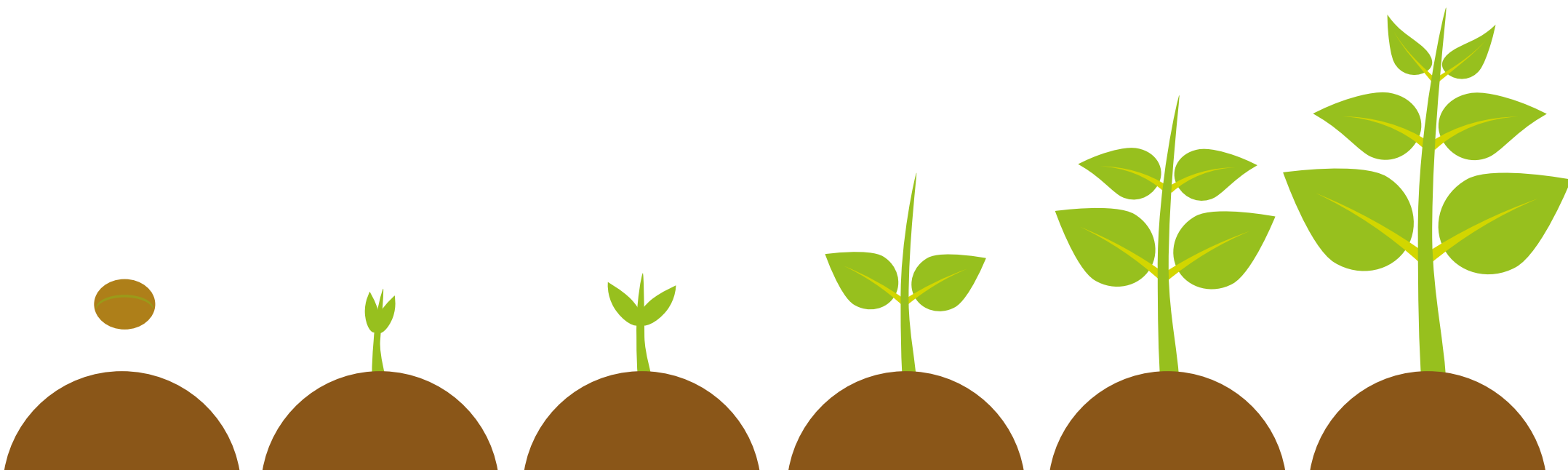
The seedling will start to grow taller.



Use a stick or cane to support the stem and keep the sunflower or bean straight.



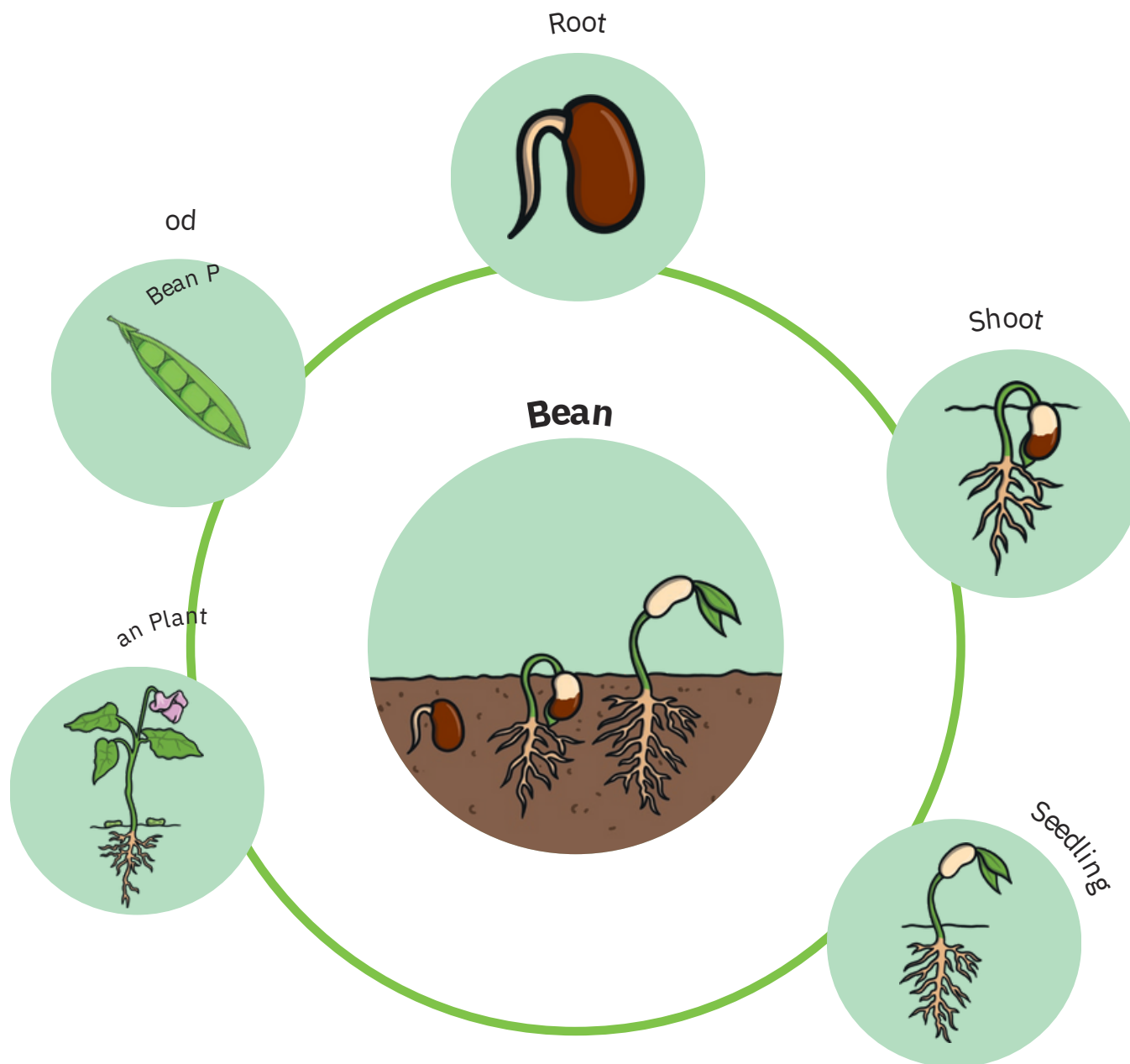
You can plant the sunflower or bean outside once it gets bigger.







# The Life Cycle of a Bean





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