

# Wednesday | Day Three

Junior Infants, Senior Infants and 1<sup>st</sup> Class



Food Dudes Week

## SESE Activity - Science

The following resource has been designed based on the Food Dudes Week, junior level, day 3 video. This resource links with the Science curriculum for junior infants, senior infants and 1st class groups

### Video Message:

There are easy ways to grow fruit and vegetables at home – and it's fun!.

This activity links with the following **curricular areas**:

SESE > Science > Living Things > Plants and Animals

SESE > Science > Working Scientifically

### Key Learning Outcomes:

Pupils should be enabled to:

- ✓ Work scientifically by questioning, observing, predicting, investigating, experimenting, and recording
- ✓ Recognise and identify the external parts of living things
- ✓ Observe growth and change in some living things
- ✓ Explore conditions for growth of bulbs and seeds

### Teacher Guidelines:

What you'll need:

- ✓ Washed-out yoghurt pots or another small container (1 for each pupil, plus 4 individual pots set aside for Part Two; see below)
- ✓ Decorating supplies, such as coloured card and felt-tip pens
- ✓ Safety Scissors
- ✓ Double-sided tape or glue
- ✓ Cotton wool balls
- ✓ Cress seeds



An Roinn Talmhaíochta,  
Bia agus Mara  
Department of Agriculture,  
Food and the Marine



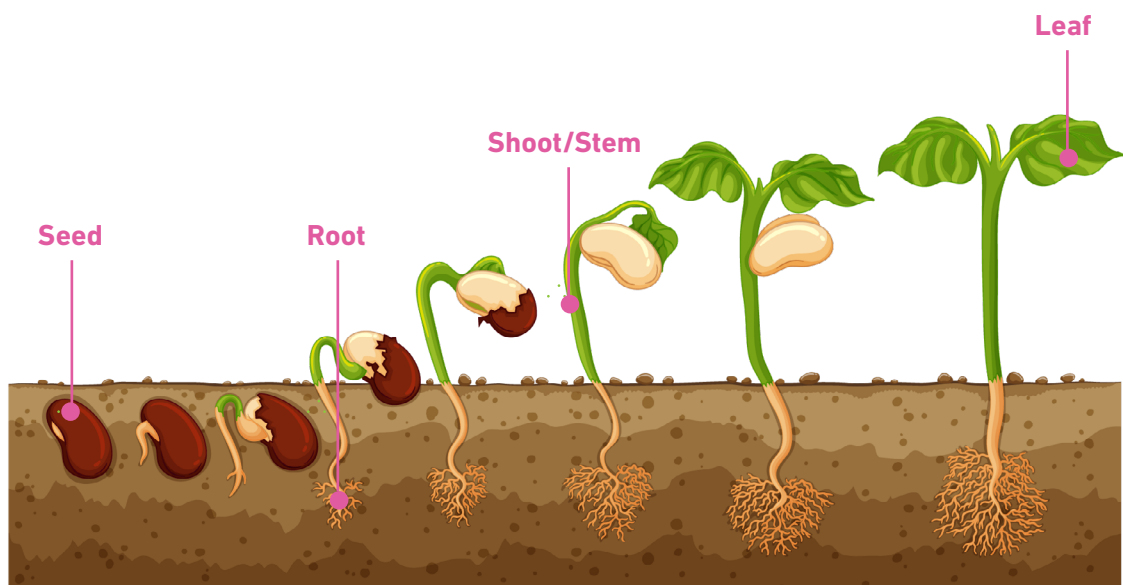
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## Part One – Growing your Cress Heads

### Method:

*(For Junior & Senior Infants prepare steps 1-3 at the top of class and let pupils take turns to help)*

1. Begin with one clean yogurt pot per pupil.
2. Ask pupils to remove the label from the yoghurt pot or help younger pupils by doing this for them in advance.
3. Ask pupils to cut a piece of coloured card so that is just big enough to wrap around the pot and use double-sided tape or glue to stick it to the outside of their pot.
4. Pupils can draw a face on the pot using felt-tip pens and/or decorate it in a colourful, creative way.
5. Ask pupils to wet a handful of cotton wool balls and squeeze out any excess water. They should put the wet cotton balls into the pot, until it is three-quarters full.
6. Pupils should add a sprinkle of cress seeds on top of the cotton wool and press them down gently.
7. Put the filled pots in a dry and sunny spot, like the classroom windowsill and watch your cress grow over the next seven days!
8. Use this period as an opportunity to show pupils the different parts of the cress plant and their names (see illustration below).
9. Once the cress has fully grown, pupils can take their pots home to be snipped, washed, and added to sandwiches, soups, or salads.



## Part Two – Observing How Cress Heads Grow

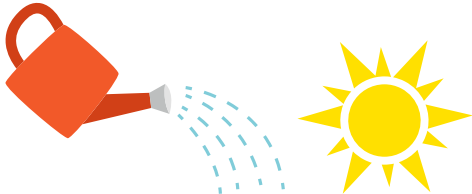
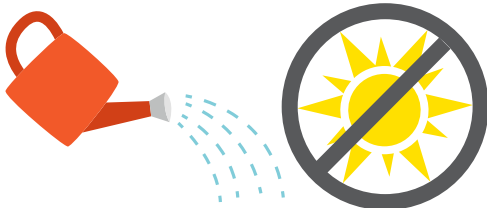
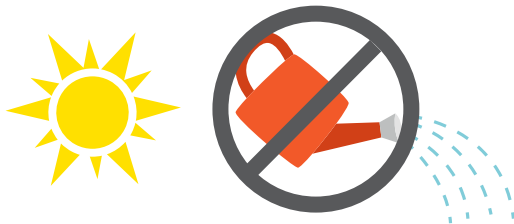
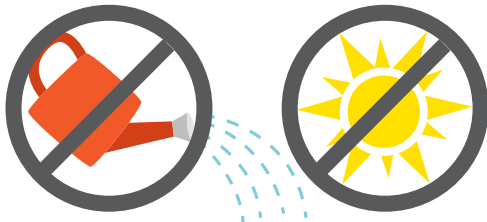
### Method:

1. Take 4 empty pots and repeat steps 1-4 above, labelling your pots: WET, DRY, SUN, DARK.
2. In the WET pot, add plenty of water, so that the pot is half-full. Add your cotton wool and cress. Place the pot in a dark place, like a cupboard, and make sure the pot remains half-filled with water throughout the week.
3. In the DRY pot, add no water; just dry cotton balls. Add your cress seeds, and place at the window so that it gets light. Do not add any water throughout the week.
4. In the SUN pot, create a cress plant as you have done in Part One above, with a small amount of water and place it at the window. Spritz it with water during the week if it begins to get too dry.
5. In the DARK pot, add no water; just dry cotton balls. Add your cress seeds, and place in a dark place like a cupboard. Keep it dark and dry all week.
6. Junior & Senior infants – Print out or draw the outline of the cress grow chart on an A2/A3 sheet for everyone to work on together and record their predictions, observations and what they learned.
7. First class- Ask pupils to make predictions about how they think the seeds in each of the 4 pots will grow, recording these predictions on the table below or in copy books.
8. Ask pupils to observe the 4 pots over the coming days and record what they see.
9. At the end of the week, ask pupils to record what they learnt about the conditions needed for plants to grow, e.g. plants need water – but not too much – light from the sun, warmth and air. Some plants will also need space to grow. Depending on the species, plants need some things more than others in order to grow.



# SESE Activity - Science

## Cress Growth Chart

Growing Conditions How the Seed will be Planted	I predict the plant will...	What I saw...
<p>Water the seed, leave in a sunny place</p> 		
<p>Water the seed, leave in a dark place</p> 		
<p>Leave in a sunny place, do not water</p> 		
<p>Do not water, leave in a dark place</p> 		

I have learnt that cress plants need these things to grow healthily:

