

How do you make a cress head?

What you need:

- An egg
- Cotton wool ball
- Cress seeds
- Egg carton (or something else to leave your egg in)
- Paint/pens



How to make:

1. Crack an egg into a bowl by giving it a firm tap close to the top of the egg.
2. Carefully separate the two parts of the shell and ask an adult to give the larger part a good wash.
3. Wet a piece of kitchen towel. Screw it up and gently put it inside the shell, making sure you don't break it.
4. Next, wet a thin piece of cotton wool or a cotton pad and put it on top of the kitchen towel inside the egg.
5. Scatter a layer of cress seeds on top of the cotton wool then sprinkle water on top.
6. Rest the eggshell in the base of your egg box or in an egg cup.
7. Leave in a warm, light place and sprinkle with drops of water every day - the cress should start to sprout in a few days.
8. As your cress starts to grow, draw a face on each shell.