



# PLANT POWER

## MATERIALS:

- WATERCRESS SEEDS
- POTTING COMPOST
- A SHALLOW TRAY FOR GROWING SEEDS
- CARDBOARD (BIG ENOUGH TO COVER THE TRAY)
- SCISSORS



## PROCEDURE:

1. Fill the tray with the potting compost. Sprinkle watercress seeds on the surface, and water them gently.
2. Leave the tray on a windowsill, where it will get plenty of light. Check each day to see how the seeds are growing.
3. After a few days, when the leaves have formed, cut a piece of cardboard big enough to cover the tray. Cut out a circle in the middle of the cardboard, and put it over the tray. Again, check each day. What happens to the shoots under the cardboard? How can you tell from this project that plants need light to grow?






## WHAT THIS MEANS:

A plant is a living thing that needs food in order to grow. When a plant is exposed to sunlight, it traps the light energy and converts it into food through a process called photosynthesis. Thus, sunlight is crucial for healthy plant growth.

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