

What's Up Bud?

A Plant growing Mini Project



Grow some sprouts
Right in your kitchen
To eat with your family!

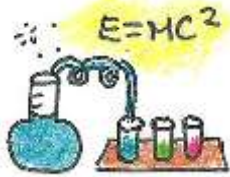


KEY LEARNING OUTCOMES / GOALS



EXECUTIVE FUNCTIONING SKILLS

- Responsible for daily care of plants / sprouts
- Use a phone / device as a tool for reminders



SCIENCE

- Observe the process of germination
- Record plant growth over time
- Compare / contrast the properties of several plants, identify best one



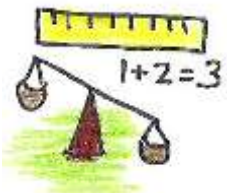
SOCIAL STUDIES

- Repurpose used items (jar / plastic bottles) to grow plants in
- Serve a meal to family members



LANGUAGE / COMMUNICATION

- Document project progress using photos or drawings
- Explain project elements to siblings / peers when they ask questions about it



MATH

- Measure plant growth over time



HEALTH

- Grow food at home
- Make a healthy meal independently or with parental help



LIFE SKILLS

- Locate food items in kitchen and/or go grocery shopping
- Make a shopping list

PROJECT STEPS

How Do Plants Grow?

There's a lot happening under the soil! These [videos](#) will show you how it looks



What are Sprouts?

Did you know, you can turn these:



Into these!



Many people use dried beans, lentils and peas to grow healthy delicious sprouts to eat.
We are going to try to grow some too!

Go on a Treasure Hunt... In Your Kitchen

You might already have some things you can grow. Check your cupboards for any:



- Dry Peas
- Dry Chickpeas
- Dry Beans
- Dry Lentils
- Flax seeds
- Chia seeds
- Raw Sunflower seeds

If you don't have any at home:

Choose 2- 3 from that list



And go grocery shopping with your parents
To pick them up



Now We Experiment!

Each plant grows and tastes differently. Which will be the best? Let's test them to find out

We do it by first growing our plants in Ziplock bags. Here's [how](#)



Set up a bag for each of your seeds Put the seed name on each bag so you remember



Watch Them Grow!

Your seeds are changing right before your eyes, through a process called “germination”

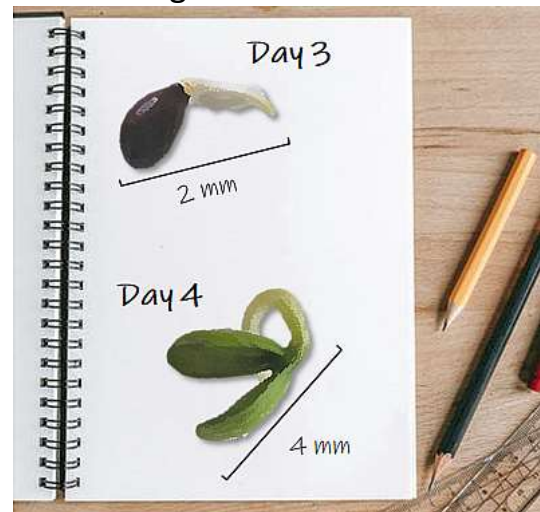


Measure your plants each day, and keep track of how they change by:

Taking pictures



Drawing them in a notebook



Taste Test!

Once all your plants have sprouted

Taste them



Which plant do you like best?

We are going to grow more of them

Make a Sprouting Jar

To grow the sprouts you will need a sprouting jar. You can choose to [buy](#) one, or make one. Here is a [video](#) showing 3 different ways to DIY using:

A Mason Jar



A Plastic Bottle



A Mesh Cloth



Soak Your Seeds

Now that you have your jar, you need to get your seeds ready:

1 -Soak them overnight



2- rinse and drain them in the morning



3- putting them in your jar or bottle



Take Care of Your Sprouts

You will need to rinse your seeds 2-3 x a day for 4-5 days



Set a timer in your phone to help you remember!



They will be ready to eat when they look like this:



Make a Dish for Your Family

Share your sprouts with your family by making:

Salad



Wraps



Sandwiches



Stirfry



*Serve and
enjoy!*

Want to Grow More?!



Try growing some
[microgreens](#)

(You can also use lots of the
same plants as sprouts use!)



Plant some sprouts in dirt
See if they keep growing
If they do, put them in a pot!



Buy some herbs
to grow in your kitchen
and season your food

(Basil and Mint are
both yummy and easy!)

Enjoy this Project?

Hop over to the Resource page at heartandhomeconsulting.com



The screenshot shows the website's header with the logo 'HEART + HOME CONSULTING' and navigation links: Home, About, Services, Resources, and Contact. Below the header is a banner image of two stuffed animals, a green one and a yellow one. The main content area features a 'Learning Resources' section with a yellow oval around the title. Underneath are four tabs: 'Cookie Baking Project', 'Found Poetry Project', 'Sprout Planting Project', and 'T-Shirt Upcycling Project'. The 'Cookie Baking Project' tab is active, showing a photo of a tray of cookies and a list of features: 'Interested in testing out project based learning? Try out this 3-4 week mini-project. It includes: • visual step by step instructions • linked videos, tutorials and websites • an overview of learner outcomes • and suggested extension activities'. Below the list, it says 'Recommended for ages 8-10 with parental assistance, or 12-14 as an independent project.'

And try out some of our other projects where you can:

- Create [FOUND POETRY](#)
- Transform a t-shirt through [UPCYCLING](#)
- [BAKE](#) some cookies

Got questions? Let us know www.heartandhomeconsulting.com/contact/