

# What's Up Bud?

A Plant growing Mini Project



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

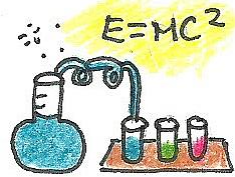


# KEY LEARNING OUTCOMES / GOALS



## 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



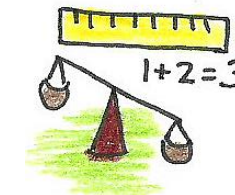
## SOCIAL STUDIES

- 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



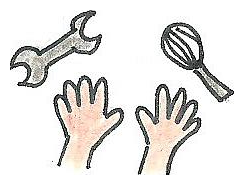
## MATH

- 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



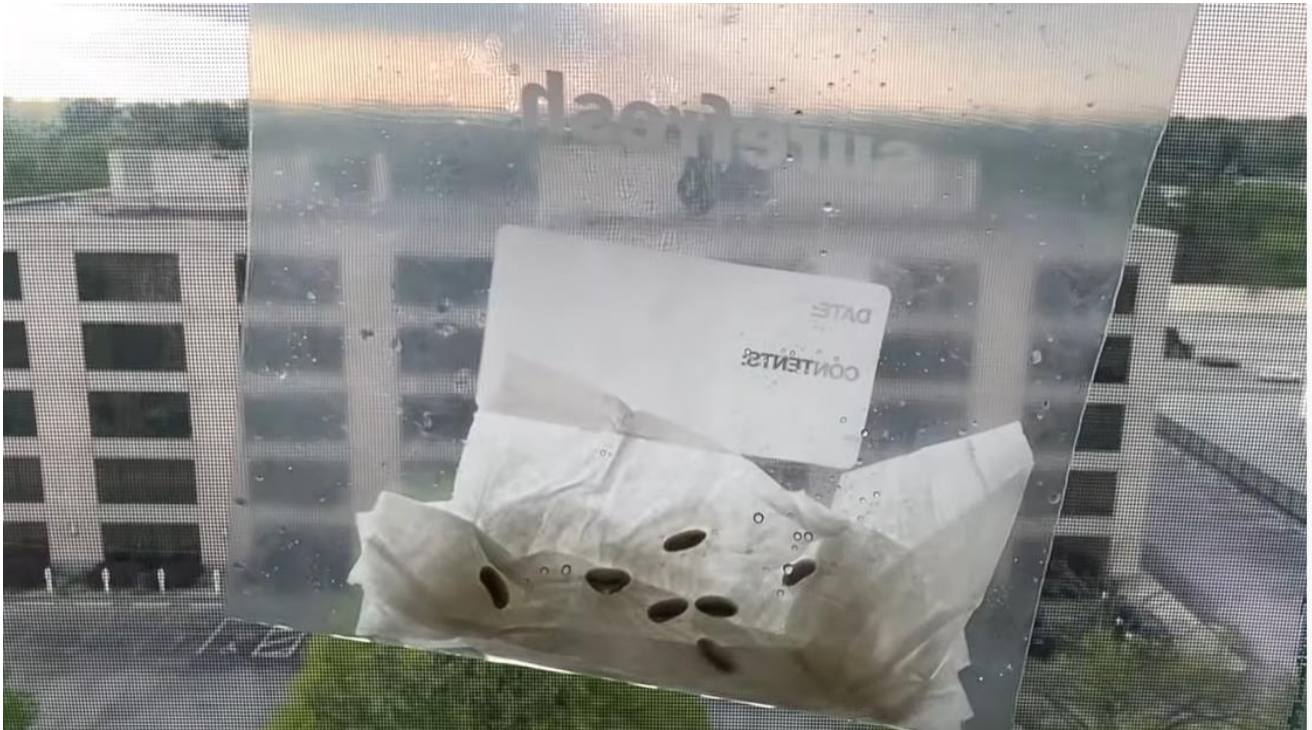
And buy them at the grocery store



## 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”

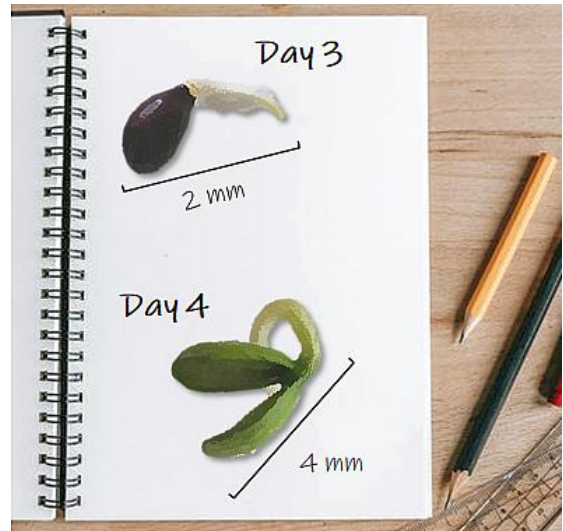


Measure your plants each day, and keep track of how they change by:

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:

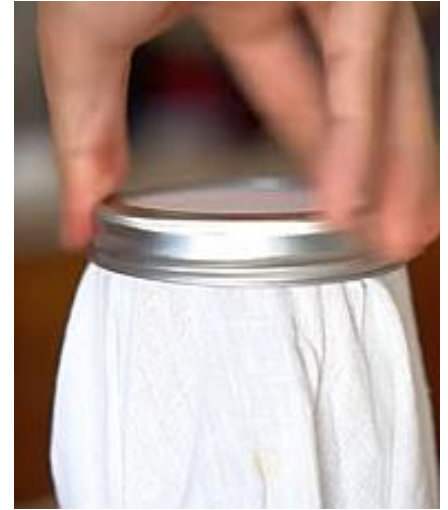
A Mason Jar



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

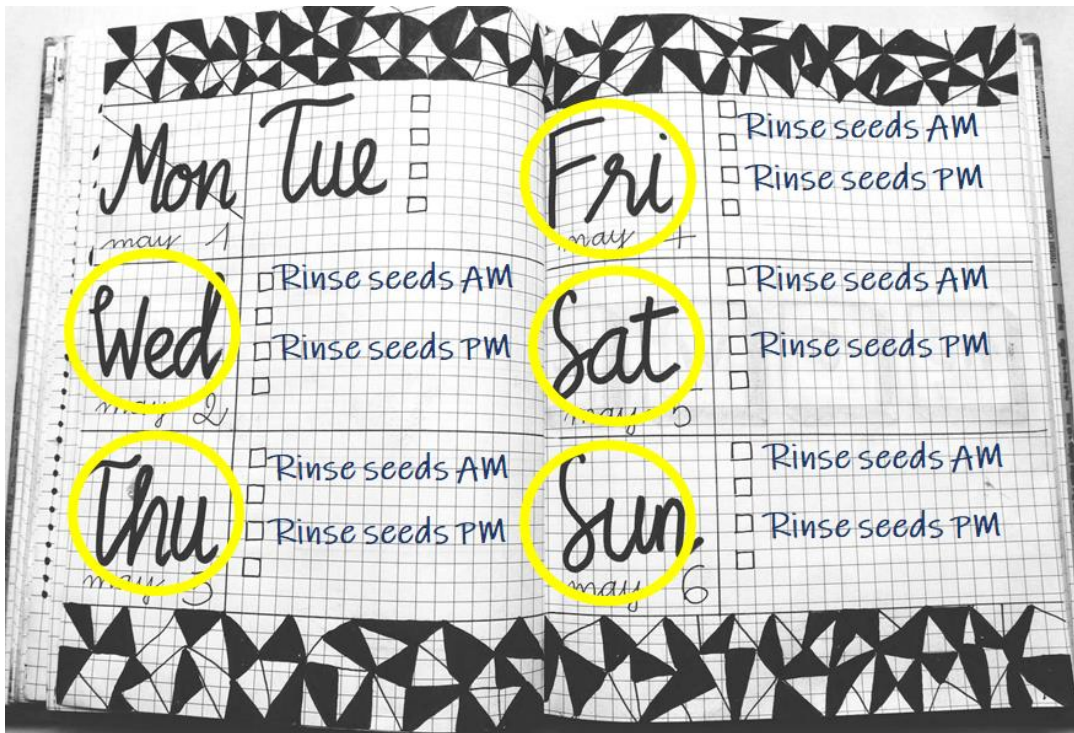


3- putting them in your jar or bottle



## 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 remember



They're ready to eat when they look like:





## Make a Dish for Your Family

Share your sprouts with your family by making:

Salad



Wraps



Sandwiches



Stirfry



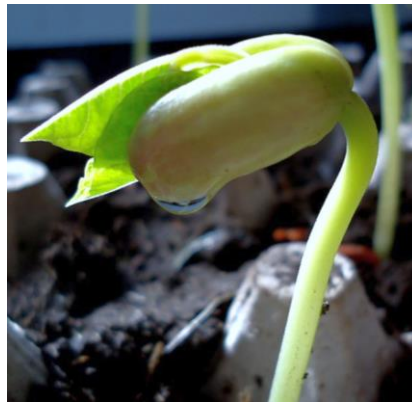
*Serve and  
enjoy!*

## 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!)