

It's easy to grow your own sprouts – they're good for you and taste great in sandwiches, salads, stir fries and even cheese omelettes!

This activity provides children with an opportunity to learn about how food grows.

You will need:

- Dried sprouts (mung beans, alfalfa etc) from health food store, or seed section at a hardware store
- A large glass jar
- A piece of Chux™ or cheesecloth
- A rubber band



What you do:

1. Put half a cup of dried sprouts in a strainer and wash them, then place them in a large glass jar. Cover the top with a piece of Chux™ (or cheesecloth) and hold firmly with a rubber band.
2. Rinse the beans again and drain off the water. Put jar upside down in a clean, cool, dark spot in your kitchen (a kitchen cupboard is ideal). If possible try to rest the jar on a slight angle to allow the excess water to drain off.
3. Rinse the beans a few times each day with fresh water, rinse and replace the Chux™ and return the jar to the cupboard. Be sure to drain them well each time.
4. In a few days the beans will begin to sprout. When they are about 2cm long, tip them into a strainer, wash and remove the loose 'shells', drain and eat, or store them covered in the fridge to use later. Sprouts will last in the fridge for up to a week.