

Instructions to make a Cress Head.

You will need.

Eggs

Egg box

Saucepan

Teaspoon

Cress seeds

Cotton wool balls or
kitchen towel

Paints



1. First put your eggs in a saucepan and ask your grown-up to hard boil them for you.
2. Allow your eggs to cool and then carefully cut the top off the egg with your spoon and scope out all of the inside. Keep this in a bowl to make some yummy egg sandwiches later. (Mickey Thompson says this is the best bit!)
Grown-ups the children may need a bit of help with this as we want to keep as much of the shell intact as possible.
3. Next very carefully wash and dry your eggshells.



4. Place a cotton wool ball or piece of kitchen towel in each eggshell.



5. Sprinkle a small amount of cress seeds on top of each cotton wool ball. (Purvis thought he'd better take charge of the seeds.)



6. Then using the teaspoon put a small amount of water in each eggshell so the cotton wool is damp but not swimming!



7. Now use your paints to paint faces on your eggs. Mickey Thompson really enjoyed this bit.



8. Finally put your cress heads on a sunny windowsill. Make sure you keep the cotton wool damp and watch them grow some hair!

