

Microgreens in the Classroom

Children learn how seeds sprout and grow. practice carring for living things, and taste healthy greens they grew themselves!



Materials:

- Shallow containers (plastic trays, takeout containers, or paper cups with drainage holes)
- Potting soil or damp paper towels (soil-free option)
- Microgreen seeds
 (sunflower, radish, broccoli,
 or pea shoots are fast growing and kid-friendly)

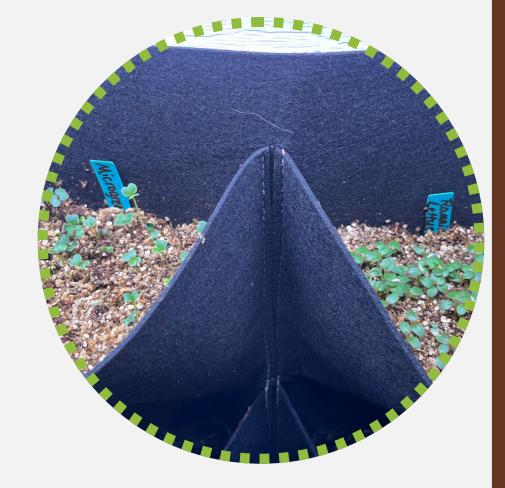
- Spray bottles for watering
- Plastic spoons for scooping soil
- Plant markers or popsicle sticks
- Magnifying glasses (optional, for observation)



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Directions:

- Prep trays: scoop soil into containers, filling about 1–2 inches deep. (For no-mess classrooms, use damp paper towels instead.)
- Sprinkle the seeds: scatter seeds evenly across the top of the soil.
- Cover lightly: gently pat the seeds down and sprinkle a thin layer of soil over them.
- Watering time: spray the tray lightly with a spray bottle.
- Place in sunlight: Put trays near a sunny window or under a grow light.
- Daily helpers: Create a "Garden Helper Chart" so children take turns misting the plants each morning.



- Observation journal: draw what they see each day (tiny changes, seed cracking, shoots growing).
- Harvest & taste: In about 7–10 days, use scissors to snip the microgreens. Wash and let children taste them plain or on crackers.

*Read <u>The Tiny Seed</u> by Eric Carle or <u>From Seed to Plant</u> by Gail Gibbons with this activity.