



Nottinghamshire
Holiday Activity
and Food
programme

EGG HEADS



Nottinghamshire
County Council

funded by



Department
for Education

Cress head activity sheet:

You will need:

- An egg (shell)
- Cress seeds
- Cotton wool balls

How to:

1. Have a boiled egg for breakfast or scrambled if you like.
Make sure you don't break up the shell - try to just remove the top part of the egg.
2. Decorate the shell with pens or paint, then leave them to dry.
3. Dip the cotton wool balls in a little water, squeezing off any excess.
4. Place 1 ball of cotton wool inside each shell, then sprinkle 1 tsp cress seeds onto each egg.
5. Sit the filled shells in eggcups or the egg box and leave in a dry, well-lit place for a week – a windowsill is perfect.

Watch the cress grow and **eat it!!**

