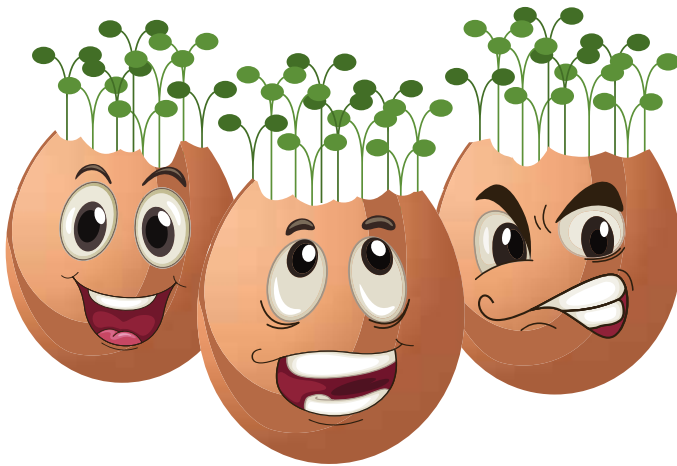


Crackin' Cress Heads!

you will need...



cress seeds
soft boiled eggs
kitchen roll
cotton wool balls
water
felt tip pens

Optional...
empty drinks bottle
scissors

follow these easy steps...

one:

Gently take the tops off the eggs and enjoy the insides with "dunkin' soldiers!" Yum! Wash out the egg shells and leave to dry.

two:

Decorate the eggs shells - be careful not to break them - however you like! Faces look great when the "hair" grows out the top!

three:

Wet some kitchen roll and place it in the bottom of each egg, then wet a cotton wool ball and pop it in the empty shell.

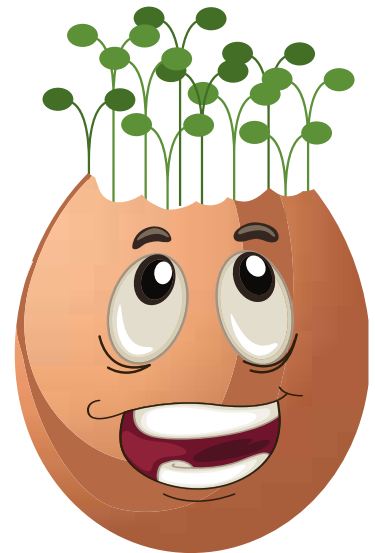
Crackin' Cress Heads!

four:

Sprinkle some cress seeds on top of the cotton wool ball and press them down gently.

five:

Put your egg shells in a warm sunny spot - a kitchen windowsill is a perfect place and watch your hair grow!



optional..

six:

Make a greenhouse by asking an adult to cut a plastic bottle in half to place over the eggs - this will make it extra warm and damp inside which cress loves!

seven:

The cress is ready to eat when the leaves turn green! Give your eggs a haircut and try it on sandwiches or salads!

all done!