

HEALTHY EATING ACTIVITY

Growing your own Sprouts



- A wonderful introduction to plant growth for children
- Sprouts, in a sunny and protected setting, will grow quite rapidly – allowing the children to observe growth and learn the responsibilities associated with growing plants in an activity that won't take months to see results.
- In a learning area include older children in a discussion time. Include how different foods can be grown at a low, affordable cost during different seasons throughout the year.

Equipment:

- Wide mouth jar
- Sprouting seeds (consider alfalfa sprouts, bean sprouts, pea sprouts or sunflower) □
- Fine mesh strainer or stocking fabric

How to grow your own sprouts:

1. Place one to two tablespoons of seeds in your jar, and cover with approximately 5 Tbsp of warm water. Let this sit overnight.
2. Drain the water, using the fine sieve or stocking.
3. Rinse the seeds by adding water the jar, swishing the seeds around, and draining.
4. Repeat twice a day, every day until your sprouts are the desired size. This will take anywhere from three to seven days, depending on the variety of sprout you're growing. Sprouts are best when they're still fairly small and just starting to turn green.
5. Store your sprouts in a covered bowl or food storage bag with a paper towel inside to absorb excess moisture. Use the sprouts within a week.

Children will learn to:

- **Learn to communicate and interact with others**
- **Learn how a root vegetable grows**
- **Learn observational skills**
- **Develop a sense of responsibility in looking after the plant**

ACECQA Quality Standards and Early Years Learning Framework (EYLF):

This activity includes the following:

ACECQA Quality Area	ACECQA Standards
Quality Area 1 – Educational Program and Practice	Standard 1.2 – Educators facilitate and extend each child’s learning and development
Quality Area 2 – Children’s Health and Safety	Standard 2.1 – Each child’s health and physical activity is supported and promoted
Quality Area 3 – Physical Environment	Standard 3.2 – The service environment is inclusive, promotes competence and play-based learning
Early Years Learning Framework (EYLF)	
Outcome 2: Children are connected with and contribute to their world	Children develop a sense of connectedness to groups and communities and an understanding of their reciprocal rights and responsibilities as active and informed citizens
Outcome 3: Children have a strong sense of wellbeing	Children become strong in their physical learning and mental wellbeing
Outcome 4: Children are confident and involved learners	Children develop a growth mindset and learning dispositions such as curiosity, cooperation, confidence, creativity, commitment, enthusiasm, persistence, imagination and reflexivity
Outcome 5: Children are effective communicators	Children interact verbally and non-verbally with others for a range of purposes