



LEARN THROUGH PLAY

Grow your own

Why not try this activity with carrot tops rather than throwing them in the food recycling?

You'll need:

- Carrot tops
- A bowl or plastic container
- Water

Method:

- Place the carrot tops in the bowl, cut side down
- Fill the bowl with a couple of centimetres of water so the carrot tops are halfway covered

LEARN THROUGH PLAY - Grow your own

- Put the bowl on a sunny windowsill and change the water every day
- The tops will eventually sprout shoots

Why not?

- Try growing cress or some sunflowers with your child?

The benefits of this activity:

- It's really easy and will encourage your child's scientific mind

