



★ PLANTING ACTIVITY

Sprouting Beans

OBJECTIVES:

1. Children join an experiment to sprout beans
2. Children measure sprouts as they grow
3. Children are able to describe how beans grow (the beans go underground, and sprouts shoot above ground to become bean plants)

WHAT YOU MIGHT NEED:

Zip-up plastic bags (one for each student, or for each group!)

Paper towels

Dried beans (3 or 4 for each bag) – Lima beans work great.

WHAT YOU MIGHT DO:

- Explain to children that the class will be doing an experiment to grow bean sprouts.
- Teachers can “jump start” the sprouting process by soaking dried beans overnight and rinsing.
- Children soak a paper towel in water (they should be moist, not dripping) and line the bottom of a baggie with the towel.
- Children place a few Lima beans in each baggie, making sure that they can touch the moist towel.
- Place baggies near a window, or tape to the glass. If paper towels seem dry after a day or two, re-moisten with a spray bottle, or take paper towels out and resoak.
- Beans should begin sprouting in a day or two – see how long sprouts get! You can measure sprouts every day, and record how much they grow.

