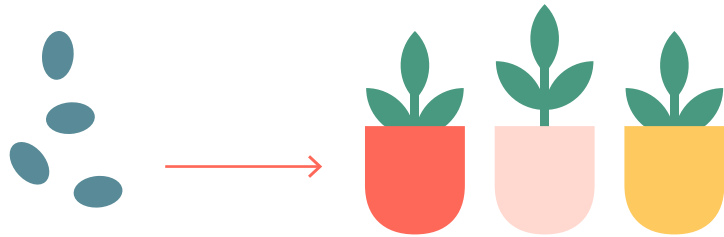


5-6

WHAT'S GROWING?





Want to help your campers discover the world of sprouts but don't know where to start?

Before your hands dirty, make sure your campers understand what a sprout is and where it comes from.

The objective of this activity is to match each seed with its plant and present your campers with a memory challenge.

At the conclusion of the activity, present the “**I have a green thumb**” activity so that your campers can grow their own sprouts.

Why is it interesting to talk about sprouts with your campers?

Sprouts grow fast, and they're easy to grow, alive, crunchy and chock full of vitamins.

OBJECTIVE OF THE ACTIVITY

- Help the campers learn about sprouts.
- Foster an interest in food origins among the campers.

MATERIALS

- One **activity** sheet per team (see appendix)
- **Riddle** sheets (see appendix)
- **Answer key** (see appendix)
- One pencil per team



SUGGESTED DURATION

- 30 to 45 minutes

PLACE

- Indoors or outdoors





Prepare

YOU WILL NEED

- One **activity** sheet per team
- The **riddle sheets**
- The **Answer Key** (see appendix)

Have chalk handy if the activity is taking place on asphalt. You'll need ropes if it's taking place on grass.

PSST!

Think the activity is too easy or too difficult for your group? There are several levels of difficulty; download the one that's best suited to your group.



Organize the activity

Divide your group into three teams and give each team a pencil.

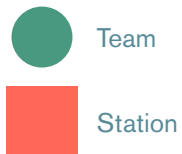


Cut out the riddles found on the sheet **Level 2 Riddles** and place one at each station.



3

Organize the space



Position the stations and the start zone as you see fit.

4

Introduce the activity

Ask your group to form a circle.

Ask your campers the following questions to spark the discussion:

- Have you ever heard of sprouts?
- Have you ever tasted sprouts?
- Do you think you could grow sprouts?
- Do you think you could grow them even when it's snowing?

All about sprouts!

Did you know?

WHAT ARE THE ENVIRONMENTAL BENEFITS OF GROWING SPROUTS?

Because sprouts are grown locally, they require less transportation, which means less pollution!

What's more, given that it takes time and effort to grow them, you don't want them going to waste! Zero-waste is another argument in favour of the environment.

DID YOU KNOW...

Astronauts eat sprouts in space? Because they're small and full of vitamins, sprouts are a practical complement to a meal aboard a space station!

WHAT IS A SPROUT?

Sprouts are edible young plants grown from seeds: they're greens that are good to eat!

CAN I USE ANY SEED TO MAKE SPROUTS?

No. For best results, you must use special germinating seeds, which are available at certain grocery stores and at local markets. Garden seeds are not recommended (they easily become mouldy).

WHEN IS THE SPROUT READY TO HARVEST?

When the cotyledons appear on the stem (Stage 2 in the illustration), and before the appearance of actual leaves (which can be bitter).

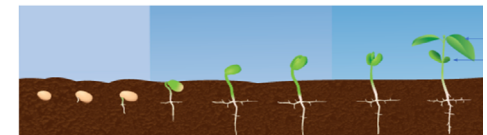
HOW ARE SPROUTS HARVESTED?

The stem is carefully cut at the base, near the ground, using scissors. Be careful not to tear off the sprouts. Rinse the stem and the leaves before eating.

WHERE DO SPROUTS COME FROM?

Sprouts come from the germinated seed, which opens into a cotyledon and a small edible stem that "sprouts" from the earth.

(The cotyledon is the first structure that emerges from a seed and resembles a small leaf. See the illustration below.)



HOW DO YOU GROW A SPROUT?

The seed is first pushed into the ground and a small amount of water is added. The seed will then open up (germinate) and a stem will sprout from the earth.

PSST!

The earth must be exposed to a light source if you want the seed to germinate.

Remember the magic formula:
earth + water + light

HOW ARE SPROUTS EATEN?

On their own, in a salad or a sandwich, in a soup, or to garnish your favourite dish... all options are on the table!



Present the activity

Distribute an **activity** sheet to each team, and ask the campers to place it in the start zone.

At your signal, each team moves on to a different station.

At each station, there is a **riddle** that the campers must try and solve. Doing so will let them match one of the seeds on their activity sheet with its corresponding plant.

The teams must visit each station.

When moving between stations, the campers must follow the leaf patterns traced out on the ground. Each change-over has its own associated movement that they campers must perform when moving between stations:

- 1st change-over: Jump on one foot
- 2nd change-over: Skip
- 3rd change-over: Crawl
- 4th change-over: Run backwards
- 5th change-over: Jump with feet together

When a team has matched all the sprouts and seeds, they must return to the start zone as quickly as possible. The team members have to balance on one foot and wait until all the other teams have finished.

The activity is over once all three teams have finished.



VARIANTES

Small or indoor spaces

The activity can be presented just about anywhere, even if space is limited.

Outdoors

Present the activity in the form of a treasure hunt. Hide the stations behind trees, for example.

Large spaces

Vary the types of movements your campers make to get to the stations. For example, ask them to slither like a snake or gallop like a horse.

Teams

Form smaller teams. Memorization is more difficult when there are two players rather than five.

Level of difficulty

Your campers are great at remembering? Let the teams visit all the stations before returning to the start zone, and only then note their answers.

6

Review the activity

Take the **Answer Key**.

Ask the teams
to provide their
answers, and correct
them as required.

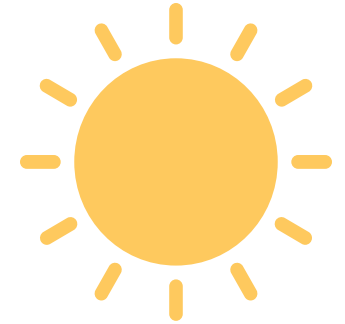
Encourage the campers
to interact and ask them
questions about the activity



SUGGESTED QUESTIONS

- Would you be able to match a seed with the right sprout?
- Would you be able to identify a sprout if one turned up on your plate?
- Would you be able to recognize the various seeds and match them with the right plants?
- Which of the sprouts that you've discovered during the activity would you like to grow at home or at camp? Which would you like to taste?
- What are the benefits of growing sprouts at home, in your view?

Are you familiar with the sprout dance?



There was once a small seed in the ground.

The camper curl up into a ball.

It began to rain.

The camper begin to move slightly while remaining curled up.

Suddenly, the seed begins to germinate and sprouts from the earth.

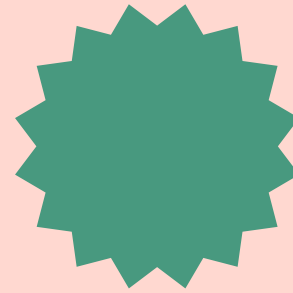
The camper unfold his arms and raise his head.

The sun shines brightly, the small seed grows into a sprout.

The camper slowly stand up.

The seed becomes a beautiful plant.

The camper streych out and return to their original position.



Put the sprouts front and centre in your activity program by visiting the Boutique section of the Power Up portal.

Garden with your campers and continue discovering sprouts through the **I have a green thumb** activity.

Explore sprouts with your campers, learn to use the five senses through the **Tasting expert** activity.

Cook the sprouts with your campers. Don't know how to prepare them? View the guide entitled **What is your recipe?**



SEEDS



SPROUTS



Radish



Beans



Sunflower



Alfalfa



Broccoli

SEEDS



SPROUTS



Radish



Beans



Sunflower



Alfalfa



Broccoli

DEVINETTE

01

Sunflower



DEVINETTE

02

Alfalfa



DEVINETTE

03

Broccoli



DEVINETTE

04

Radish



