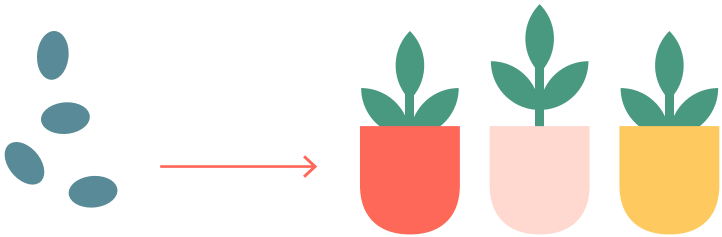
13 +

WHAT'S GROWING?

POWER UP



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

1

Prepare

YOU WILL NEED

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

Cut out the 20 riddles.

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.

2

Organize the activity and the space

Hide each riddle in a different place. The better the hiding place, the longer the activity will last!

Organize the activity space as you see fit. Make sure there are 20 hiding places, and one start zone.

3

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!

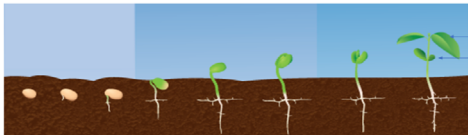
CAN I USE ANY SEED TO MAKE SPROUTS?

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).

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 theillustration below.)



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 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 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.

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!

4

Déroulement de l'activité

Divide your group into three teams. → Distribute a **Level 3 activity sheet** to each team. → Put the three word search sheets in the starting zone. Make sure there's a good distance between them.

Using the 20 riddles, the campers must match the image of the seed with the image of the plant and its name. → It's a race against the clock!

At your signal, the teams set out in search of hints! **Attention** They must leave them where they find them so that other teams can find them. → Each hint helps the campers to match:

- The image of a seed with the image of a sprout
  or
- The image of the sprout with the name of the plant
  or
- The image of the seed with the name of the plant

When all the clues have been matched, each team must race back to the starting zone and try and guess the hidden word. The first team to shout out the hidden word wins! → Give each team time to match all the clues and find the hidden word.

VARIANTES

Level of difficulty
Hide your hints well to increase the level of difficulty. For example, hide the hints very low so that your campers are obliged to bend over, or hide them very high so that they have to jump or climb onto something to read them.

More active still
Add active movements. Ask your campers to find a new way of moving from one hint to the next.

5

Review the activity

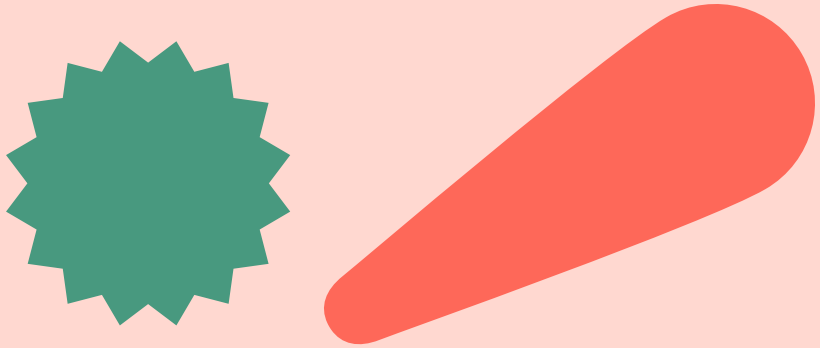
Take the **Answer Key**.

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

- What did you take away from the activity?
- Can you match a seed with its sprout and its correct name?
- Could you identify a sprout if it was on your plate?
- Which of the sprouts you discovered during the activity would you like to grow at camp or at home? Which one would you like to taste?
- Is it easy to grow sprouts?
- In your opinion, can sprouts be grown year-round?
- What are the benefits of growing sprouts at home?



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?**

ACTIVITY

Level 03

SEEDS

SPROUTS

NAMES

Alfalfa

Radish

Broccoli

Sunflower

Beans

ACTIVITY

Level 03

SEEDS

SPROUTS

NAMES

Alfalfa

Radish

Broccoli

Sunflower

Beans

HINT

01

I have the same name as a vegetable in the cabbage family.

HINT

02

My seed looks like a vegetable, but it's dried.

HINT

03

My scientific name is *Raphanus sativus*.

HINT

04

My flower is well known.

HINT

05

I am a root vegetable that grows in the ground.

HINT

06

I am a small and sweet grain legume.

HINT

07

The seed is minuscule and quite dark.

HINT

08

The first syllable in my name is the same as the first syllable in the word for all the letters from A to Z.

The second syllable in my name is the same as the first syllable in the name of a bird of prey.

The third syllable in my name is the same as the name of the fourth note in the musical scale starting with “Do.”

HINT

09

I am also known under a different name, derived form the Latin word for “lamp” in honour of my bright seeds.

HINT

10

The seed used to grow this sprout is eaten by people and birds.

HINT 11

It's a trap, run to find another hint!

HINT 12

I am the 5th seed on your activity sheet, and in French my name sounds like the word for "weight."

HINT 13

Your activity sheet begins with my seed and ends with my sprout.

HINT 14

The first syllable in my name is also the name for our leading source of natural light.

My second and third syllables form the name of popular garden plants.

HINT 15

I am a green vegetable that you've probably eaten raw or cooked.

HINT

16

MUAHAHAHAHA!!!
I'm just here to waste your time!

HINT

17

The answer to the following riddle corresponds with the number of letters in the name of this sprout:

A snail slithers up a 10-metre wall. Each day, it slithers up three metres, then slides down two metres at night. How high up the wall, in metres, will it have reached by the fifth day?

HINT

18

The lucky one who comes across this hint must perform 10 jumps.

HINT

19

I am a sharp-tasting vegetable with red skin and white flesh.

HINT

20

Did you know that other sprouts are also edible?

They include:
Clover, Beet, Cabbage

ANSWERS

Level 03

HINT 1	Broccoli	HINT 11	–
HINT 2	Pea	HINT 12	Pea (pois: sounds like the French word for “weight”)
HINT 3	Radish	HINT 13	Match the first seed on the activity sheet with the last sprout (sunflower)
HINT 4	Sunflower	HINT 14	Sunflower
HINT 5	Radish	HINT 15	Broccoli
HINT 6	Pea	HINT 16	–
HINT 7	Broccoli	HINT 17	7 m (Each day the snail advances by 1 m, starts the 5th day at 4 m, and by the end of that day reaches a height of 7 m [before sliding back in the evening].) So, 7 letters = ALFALFA
HINT 8	Alfalfa	HINT 18	–
HINT 9	Alfalfa	HINT 19	Radish
HINT 10	Sunflower	HINT 20	–

WORD SEARCH

Level 03

n	n	c	h	e	r	r	y	r	n
t	r	p	e	p	p	e	r	o	a
r	o	l	a	e	e	l	l	c	p
a	c	c	e	v	l	e	u	e	p
l	s	e	i	m	m	a	a	m	l
d	r	l	p	r	o	i	k	l	e
e	o	e	e	n	p	n	r	e	c
m	a	t	a	t	l	a	s	e	i
r	a	e	c	s	t	u	n	k	r
w	b	b	h	i	k	a	h	k	e

APPLE
APRICOT
BEAN
CHERRY
CORN
KALE
KHAKI
LEEK
LEMON
MEDLAR
NUTS
OLIVE
PEA
PEACH
PEAR
PEPPER
PLUM
RICE
SALT
WATERMELON

ANSWER _____

WORD SEARCH

Level 03

s	t	n	a	l	p	g	g	e	w
c	o	h	s	i	d	a	r	a	s
c	b	i	k	k	n	u	t	c	t
k	u	a	h	a	a	e	t	r	o
a	h	c	n	c	r	l	w	i	l
k	p	a	u	m	a	h	e	w	l
g	b	p	e	m	e	t	a	i	a
i	r	l	l	a	b	a	s	k	h
f	o	u	t	e	a	e	p	i	s
n	l	h	c	a	e	p	r	n	p

APPLE
BANANA
CUCUMBER
EGGPLANT
FIG
KALE
KHAKI
KIWI
NUT
PEA
PEACH
PISTACHIOS
RADISH
SHALLOTS
WATERMELON
WHEAT

ANSWER _____

WORD SEARCH

Level 03

s	r	e	w	o	l	f	n	u	s
g	e	a	p	r	i	c	o	t	s
i	s	k	p	b	o	c	r	t	c
f	n	e	o	o	a	a	u	u	c
e	a	i	l	h	w	n	c	o	i
n	m	i	k	b	c	u	a	p	l
n	v	i	e	p	m	i	e	n	r
e	c	r	l	b	m	a	t	i	a
l	r	r	e	b	r	u	c	r	g
y	n	r	o	c	i	e	p	l	a

APRICOT
ARTICHOKES
BANANA
CORN
CUCUMBER
FENNEL
FIG
GARLIC
LIME
NUTS
OLIVE
PEA
PEAR
PUMPKIN
RICE
STRAWBERRY
SUNFLOWER

ANSWER _____

WORD SEARCH

ANSWERS

Level 03

n	n	c	h	e	r	r	y	r	n
t	r	p	e	p	p	e	r	o	a
r	o	l	a	e	e	l	l	c	p
a	c	c	e	v	l	e	u	e	p
l	s	e	i	m	m	a	a	m	l
d	r	l	p	r	o	i	k	l	e
e	o	e	e	n	p	n	r	e	c
m	a	t	a	t	l	a	s	e	i
r	a	e	c	s	t	u	n	k	r
w	b	b	h	i	k	a	h	k	e

APPLE
APRICOT
BEAN
CHERRY
CORN
KALE
KHAKI
LEEK
LEMON
MEDLAR
NUTS
OLIVE
PEA
PEACH
PEAR
PEPPER
PLUM
RICE
SALT
WATERMELON

ANSWER cranberries

WORD SEARCH

ANSWERS

Level 03

s	t	n	a	l	p	g	g	e	w
c	o	h	s	i	d	a	r	a	s
c	b	i	k	k	n	u	t	c	t
k	u	a	h	a	a	e	t	r	o
a	h	c	n	c	r	l	w	i	l
k	p	a	u	m	a	h	e	w	l
g	b	p	e	m	e	t	a	i	a
i	r	l	l	a	b	a	s	k	h
f	o	u	t	e	a	e	p	i	s
n	l	h	c	a	e	p	r	n	p

APPLE
BANANA
CUCUMBER
EGGPLANT
FIG
KALE
KHAKI
KIWI
NUT
PEA
PEACH
PISTACHIOS
RADISH
SHALLOTS
WATERMELON
WHEAT

ANSWER **blackcurrant**

WORD SEARCH

ANSWERS

Level 03

s	r	e	w	o	l	f	n	u	s
g	e	a	p	r	i	c	o	t	s
i	s	k	p	b	o	c	r	t	c
f	n	e	o	o	a	a	u	u	c
e	a	i	l	h	w	n	c	o	i
n	m	i	k	b	c	u	a	p	l
n	v	i	e	p	m	i	e	n	r
e	c	r	l	b	m	a	t	i	a
l	r	r	e	b	r	u	c	r	g
y	n	r	o	c	i	e	p	l	a

APRICOT
ARTICHOKES
BANANA
CORN
CUCUMBER
FENNEL
FIG
GARLIC
LIME
NUTS
OLIVE
PEA
PEAR
PUMPKIN
RICE
STRAWBERRY
SUNFLOWER

ANSWER broccolis