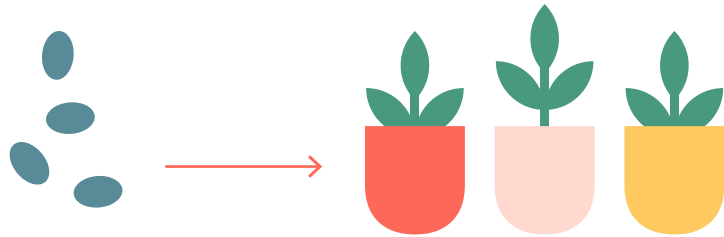


7-8

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



# 1

## 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.



# 2

## Organize the activity

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



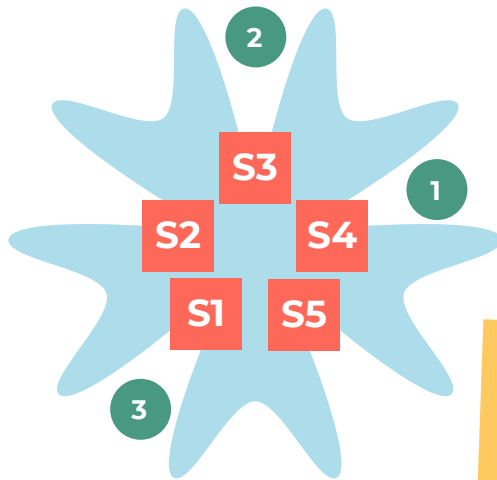
Cut out the riddles found on the sheet **Level 2 Riddles** and place one at each station.



●3

## Organize the space

If the activity is happening on asphalt, use chalk to draw five leaves (see the example below). If the activity is happening on grass, you can use ropes or pylons to mark out the space.



Team



Station

Don't be afraid to get creative drawing the leaf designs! Any material you have lying around the camp will do.

●4

## Introduce the activity

Ask your group to form a circle.



Ask your campers the following questions to spark the discussion:

- Do you know anything about sprouts?
- Have you ever tasted sprouts?
- Do you think it's easy to grow them?
- In your view, is it possible to grow them in winter?

## 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).

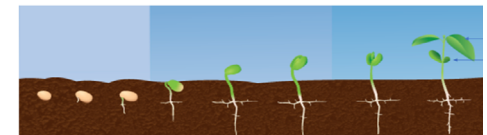
### HOW ARE SPROUTS HARVESTED?

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!

# 5

## Present the activity

Distribute a **Level 2 activity** sheet to each team.

At your signal, each team goes to a 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:

- 1<sup>st</sup> change-over: Jump on one foot
- 2<sup>nd</sup> change-over: Skip
- 3<sup>rd</sup> change-over: Crawl
- 4<sup>th</sup> change-over: Run backwards
- 5<sup>th</sup> 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

#### Smaller spaces

Trace out a smaller leaf so the campers don't have to move as much.

#### Larger spaces

Present the activity in the form of a treasure hunt. For example, hide the stations behind trees, or print out and hide the names of the seeds. The campers' task will be to find them and bring them back to the correct stations.

#### Hosting

Ask five of your campers to be the host of one station each. They can put on costumes and read out the riddles to the other campers as they pass by their station.

## 6

# Review the activity

Take the **Answer Key**.

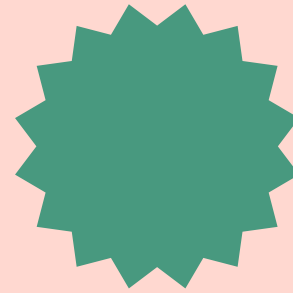
Ask the teams  
to provide their  
answers, and correct  
them as required.

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?



## 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?**



## RIDDLE

01

Do you  
know how  
to recognize  
broccoli seeds?

Think of an ant colony.



## RIDDLE

02

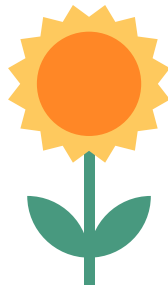
Radish  
sprouts  
have the  
best hair.



## RIDDLE

03

Sunflower  
seeds look  
like skunks.



## RIDDLE

04

Pea sprouts  
look a bit  
different from  
the others.



## RIDDLE

05

Alfalfa  
seeds are a  
bit bigger  
than sand.



## SEEDS



Radish



Sunflower



Alfalfa



Broccoli



Beans

## SPROUTS



## SEEDS



Radish



Beans

## SPROUTS



Sunflower



Alfalfa



Broccoli