

Salad fact sheet

To inspire pupils to 'get green fingered' grow a class salad. From creating one salad element (e.g. cress) through to creating a whole salad bowl, this exercise gives pupils a real sense of achievement and delivers, first hand, a lesson on the science of natural energy.



Here's the npower Climate Cops Green Fingers guide to creating a salad:

- 1 Work out where you will grow the salad
- 2 Use the 'what grows when?' information sheet as a guide to choosing the appropriate plants for your class
- 3 Allow pupils to take ownership of their plants. Split the class into groups and assign a specific plant to each group or allocate duties to different pupils each week
- 4 Prepare the seeds for germination. Remember the majority of seeds need a warm, dark germination environment. Label each seed pot and cover with a small plastic bag to help retain the heat and encourage faster germination
- 5 Cress and mung beans (seeds that do not require a dark environment in which to germinate) could be grown at the same time as those in the dark. This will enable pupils to see seed energy in action as they grow
- 6 When seedlings emerge, move plants to the desired growing position. If you have chosen to grow your plants on a windowsill, ask pupils to create their own npower Climate Cops Green Fingers mini greenhouse to help the plants grow faster. This can be found on worksheet 12
- 7 For a staggered crop, remember to germinate and sow seeds in succession
- 8 The time you can harvest your salad crop will depend upon the facilities you have and your location. Once ready, harvest your salad crop and encourage pupils to take an active role in designing and eating, the class salad!

