



Parent sheet 3

At npower, we feel it's important to bring the learning of energy to life and that's why we have created npower Climate Cops Green Fingers – a teaching resource for 4 - 7 year-olds that uses gardening to help younger minds understand the power of the Earth's natural energy. To help support your child's learning, why not try this activity at home? Together you will be able to see nature's energy in action and learn about natural and renewable energy whilst having fun.

Mung bean mania!

Mung beans are also known as Chinese bean sprouts and are delicious in salads or stir-fries. They are simple to grow and are ready to eat in about a week. You don't need expensive gardening equipment, just a packet of mung bean seeds and a jam jar. Then, with a small amount of care and attention, sit back and watch nature in action!

You will need: Mung bean seeds, a clean and empty jam jar, a piece of muslin (cotton fabric) and a rubber band.

Instructions:

- 1 Place 1 - 2 tablespoons of mung beans into a clean jam jar
- 2 Fill the jar with water, cover with muslin and secure with an elastic band
- 3 Leave the beans to soak in the water for 24 hours. They should swell considerably during this time
- 4 After 24 hours, drain the water from the jar through the muslin cloth (which acts as a sieve). You should then rinse the beans twice in fresh water. After the second rinse, make sure all the water is drained from the jar and the muslin is well secured
- 5 Place the jar in a warm spot away from direct sunlight. To allow the mung beans ample room to grow, the jar should be placed on its side
- 6 The mung beans should be rinsed twice daily and care must be taken that all the water is drained from the jar to ensure the beans do not ferment / go mouldy
- 7 In about a week the mung beans should be ready to eat! They should be approximately 1 - 2cm long

