



# LITTLE SEEDLINGS



**GUESS WHAT?**  
The average British person eats 9,000 peas a year!

# MAGIC BEANS AND PEAS

## ACTIVITY SHEET



# SPOT THE DIFFERENCE

There are 5 differences between these beanstalks – can you spot them?



**GUESS WHAT?**  
The beans and peas that grow inside pods are actually the seeds of the plant!



# BEAN-TASTIC WORD SEARCH

Find the 6 types of bean hidden in the grid:

- FRENCH
- KIDNEY
- BROAD
- RUNNER
- GREEN
- BUTTER

F	R	B	H	N	H	B	U	R
U	F	R	E	N	Y	H	E	B
N	E	O	M	E	E	T	T	B
S	L	A	N	N	G	A	I	U
H	R	D	A	O	R	B	G	T
K	I	F	D	B	E	U	E	T
K	P	R	L	D	E	N	R	E
P	T	Y	H	U	N	O	Y	R
U	R	U	N	N	E	R	U	A



# CRACK THE CODE!



Can you guess the world record for the most peas eaten using a cocktail stick in 30 seconds? Write your answer here, then solve the code to see if you're right.

- |     |     |     |     |
|-----|-----|-----|-----|
| = A | = H | = O | = V |
| = B | = I | = P | = W |
| = C | = J | = Q | = X |
| = D | = K | = R | = Y |
| = E | = L | = S | = Z |
| = F | = M | = T |     |
| = G | = N | = U |     |

MY ANSWER IS:  
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**GUESS WHAT?**  
Liquorice comes from the legume plant, like beans and peas. It's the root of the plant.

The answer is:

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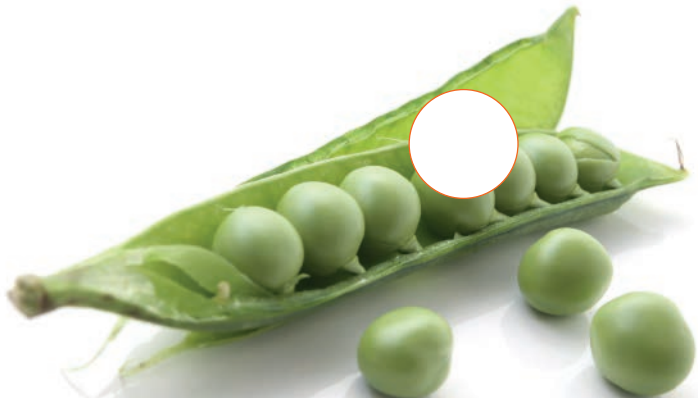


David Rush set this world record in 2018. It's trickier than it sounds – why don't you have a go?



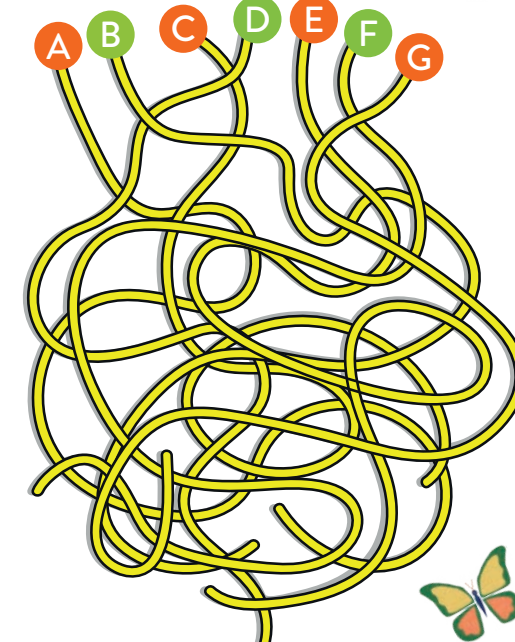
# JOIN THE PEA PARTY!

Can you find the missing part of the picture?



# FIND THE MISSING INGREDIENT

This chilli needs some kidney beans – but which path links them?



## JOKE PATCH

What do you call emotional legumes?  
Mushy peas!

Knock, Knock!  
Who's there?  
Bean!  
Bean who?  
Bean a while  
since I last saw you!

What's the most important vegetable in the garden?  
The VIP!

## SPOT THE DIFFERENCE ANSWERS BELOW!



# HOW TO GROW PEA SHOOTS

- Fill a small pot to about 3cm below the top with seed compost and firm it down.
- Place about 5-6 pea seeds on the top of the compost with space between them all.
- Add more compost until it reaches about 1cm from the top of the pot - firm it down again.
- Water the pot.
- Place this pot on a sunny windowsill at home on a saucer then you can watch as they shoots start to grow.
- Add more water to the saucer if the compost is drying out.
- After about 2-3 weeks you can harvest your pea shoots - but you can leave them to grow taller if you like.
- Take some clean craft scissors and cut the shoot just above the rim of the pot. If you cut the stalks above the lowest leaf they might grow again.



Pea shoots taste like fresh peas – they're lovely in salads or stir fries



# WATCH YOUR BEAN SEED GROW!



- Get a small jam jar or see-through plastic beaker.
- Scrunch up some kitchen towel and put it inside the glass so it's nice and full.
- Pour a little water in so the paper gets really damp.
- Push your bean seed down the side of the beaker so you can see it from outside.
- Watch what happens over the next week – you will see roots and a shoot growing after the seed absorbs water!

