

MAKE A BEAN BED

Bean sprouts love to grow in the dark – so make your seeds a bed to sleep in!



You need:

- an empty plastic tray (like a blueberry or tomato tray)
- a slightly larger cardboard fruit or vegetable tray or a plastic one covered with paper
- a tablespoon
- some mung bean seeds
- a sieve
- a small bowl
- a cotton wool pleat
- a small watering can or jug
- a large plastic food bag
- a black binbag
- safe scissors

WARNING: Keep plastic bags away from babies and small children.



Bean sprouts taste yummy in Chinese dishes!



Put two tablespoons of mung bean seeds in a sieve. Rinse them under the cold water tap.



Put the seeds in a bowl and cover with cold water. Leave them to soak overnight.



The next day, make a bean sprout bed by decorating the sides of your cardboard tray with stars and moons.



Put your plastic tray inside the cardboard tray. Cover the bottom of the plastic tray with cotton wool.



Sprinkle the cotton wool with water to make it damp.



Tip your seeds into the sieve to drain away the water.



Spread the seeds out over the cotton wool.



Put the bean bed inside a plastic food bag – don't pull the bag too tight as you will need plenty of space for your beans to sprout!



Put this in a black binbag then find a warm, dark place for your seeds to sleep!



Take out your bean bed every day and sprinkle the seeds with water – soon they will start to sprout like this.



After about 5 days they should look like this. Cut the sprouts, wash them and add them to a sandwich.