

Seeds of Science - Grow it Again

NATIONAL SCIENCE WEEK 2026



 Food grown in nature is amazing. You can use your food scraps in many ways. A great fun experiment is exploring growing your own food from your kitchen scraps.

Try this simple Grow it Again experiment for National Science Week and observe the wonders of nature in action. Make predictions, watch your plants grow daily, observe and ask questions.

What you'll need:

- Clear jars or dishes
- Water
- Sunny spot
- Ruler
- Notepad
- Pencil / pen

5 foods to grow from kitchen scraps



Place the scraps in shallow water, in a sunny spot. Change the water every 2 days. Try these veggie scraps below:

1

Shallots



The white root ends.

2

Celery



base of celery bunch.

3

Romaine or Cos Lettuce



base of the stem

4

Carrots



leafy top of a carrot

5

Bok choy



base of the stem.

Kitchen food scraps Science Challenge



Predict: What do you think will happen with each one?



Observe: Check your plants daily. Draw, describe, measure any changes.



Measure: Use a ruler to measure the change in growth.



Reflect: What helped the plant to grow?

Talk about it



- Why can some food scraps regrow?
- What other plant scraps regrow?
- When do you think it would be a good time to replant these into soil?
- What do you think would happen, if we replanted these into soil?
- What else can you use the kitchen scraps for?

Extension Ideas



K-2

Draw and label what plants need to grow.

3-4

Create a graph to compare the results of which scrap grew the most

5-6

Design another test where you change one of the variables - light, water or location. Predict the results.

Whole School Challenge

How many new plants can our school grow from something that would have been thrown away?

Use scraps, seeds from food, cuttings of herbs, seedlings propagated from home Count at end of term.