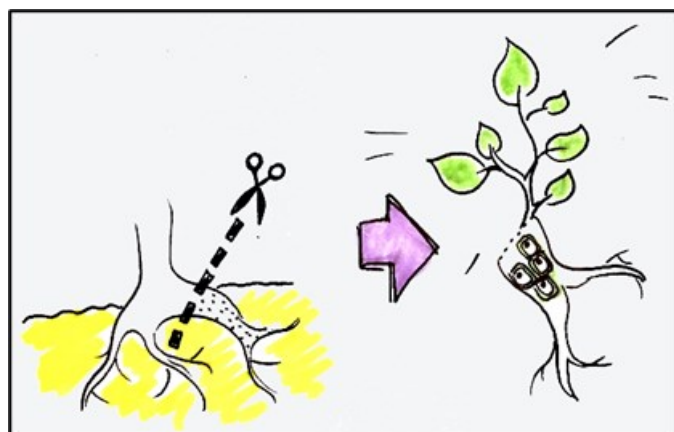
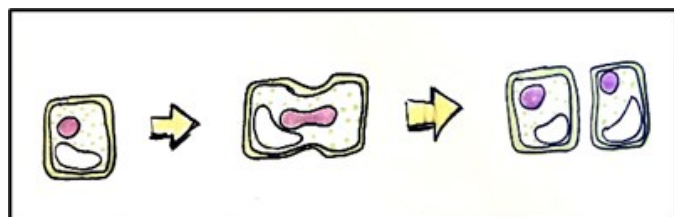
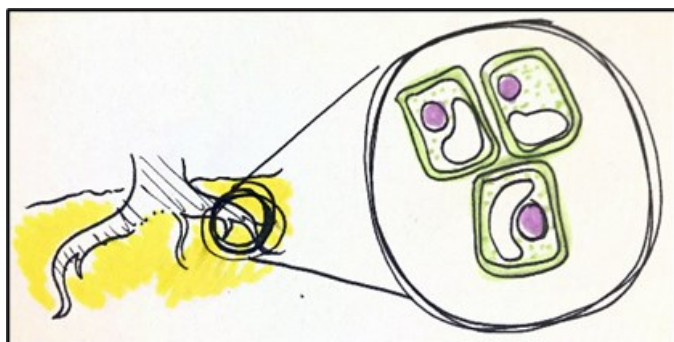
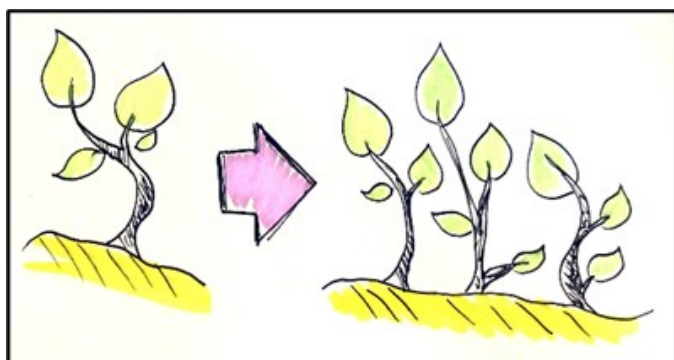


### Give Your Kitchen Scraps a Second Life

The activity	Kit you will need
Minimise food waste and learn how to grow new plants from plant cuttings, including your own kitchen scraps	Veg, knife & cutting board Water Small clear container e.g., bottom half of a plastic bottle Toothpicks or pebbles to stabilise plant if necessary



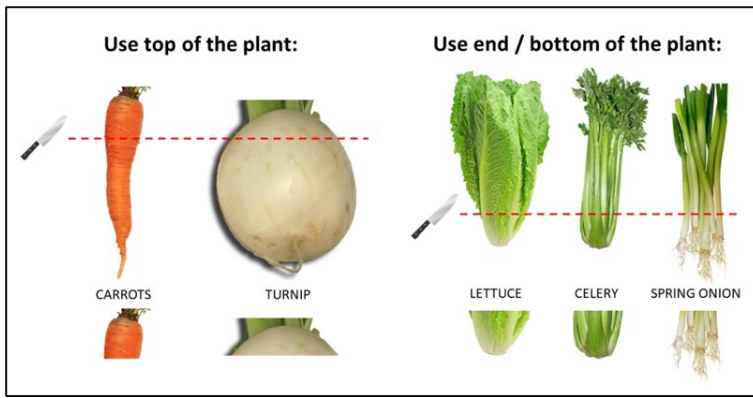
### The Science

Many plants can make copies of themselves through a process called **vegetative propagation**

Certain types of plant cells, usually found in the leaves, stem and roots, don't yet have a specific purpose.

These cells are constantly dividing, making plant growth possible. If a plant part separated from the parent plant contains these cells, it can produce its own roots and grow into a new plant.

Many plants make new plants this way naturally by growing plant structures that can be separated from the parent plant, such as tulip bulbs. It also means you can take cuttings from plants, or the leftover ends of vegetables, to grow a new plant.



## How-To

**Step 1:** Using your leftovers from meal prep, cut the veg carefully (with adult supervision). Use our guide to show which bit to keep.

**Step 2:** Pour a few cm of water into your container. Enough to cover the bottom third of your cutting. Place the cutting in the water.

**Step 3:** some plant e.g. spring onions, may need support from toothpicks or pegs to stop them falling over. If using toothpicks, you will need at least two. Gently press them into opposite sides of the cutting (don't push all the way through). Then balance toothpicks on the container sides.

**Step 4:** Pop your container onto a bright window ledge so they can get plenty of light and wait for your new plant to grow!

[Click here to watch a video created by the team exploring The Science & showing you How To grow your own food](#)

## Experiment Time! You could....

- ⇒ Measure how much your plants grow over time
- ⇒ Compare speed of growth between different veg
- ⇒ What's the difference in growth if your plant is in bright sun, indirect sunlight or shaded?
- ⇒ Are there any differences in growth if your plant is in water or soil?