

Grow a
family
member or
yourself a
healthy
brain!

halves when you crack the outer shell.

This is the same for a human head, the outer shell is our skull and, on the inside, we have our brains.



Walnuts look like brains because they have folds of membranes and are in two



Our brains come in two parts. We have the right side of the brain and the left side of the brain. Our brains also have compartments like a walnut!

Walnuts top the list of nuts for healthy brains,

they contain a type of omega 3 fat. This is DHA it is called a nutrient and is good for our bodies. This nutrient is good for protecting the health of our brains.

So therefore walnuts not only look like little brains they are very healthy to eat.

Here is a fun way of growing some brains on your windowsill at home.

You could give this as a gift to someone else in your family or make it for yourself.

Here Is what you will need:

:1 glass jar or see-through container

: 1pkt of Mr Fotherills

Sprouts Alive. (sprouts are also very healthy for you and our brains) they are a rich source of vitamins and minerals and protein.



A Small amount of potting mix: Ask an older person such as mum or dad. Both your potting mix and sprouts can be brought from your local Bunnings or garden centre.

Some Walnuts. You can buy some at a fruit and vegetable market.

: A spray Bottle



Put about an inch of potting mix into the container, then sprinkle some of your sprout's seeds over the potting mix.

Next gently crack open your walnut so you have two halves, then very carefully pull your nut from the outer shell.

You might need an adult to help you remove your nut from your shell.



See how it resembles a brain!

Next put your walnut brains in your pot on top of the sprout seeds and potting mix. Press on your walnut brains so they sit gently in the soil.



Then fill your spray bottle with some water, sit your brains in a sunny spot, perhaps on a window sill.

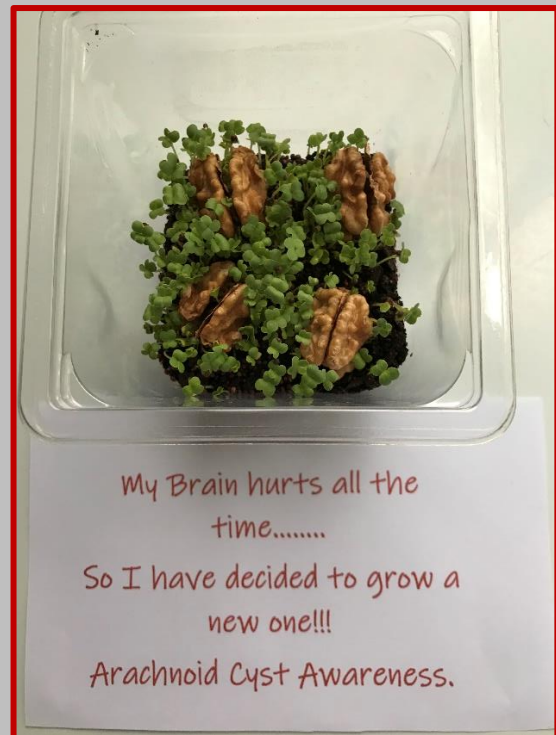
Spray your brains with a small amount of water to keep the soil moist and watch your brains grow!





You might like to give a family member some brains for Christmas!

Here are
some fun and
funny idea's
for your
brains!



Or you could make a fun caption like ours!

