Bean Seed Observation Journal

Ages 4–10 · Name: _____

How to use

Check your cup once a day. Make sure the paper towel is damp.

Measure the longest root and the longest shoot. Use centimeters, inches, or paper clips. Write "0" if nothing has grown yet.

Write one word about what you see: split, root, hair, hook, leaf, green, mold, or nothing yet.

Wash your hands with soap and water after touching the beans or cup.

It's OK to leave weekend rows blank.

Safety: these beans and sprouts are for watching, not eating, whether dry, soaked or sprouted. Never put beans in your mouth or nose. If you see fuzzy mold, ask an adult to throw that cup away.

Adults: ask families about allergies to beans, peas, soy or peanuts before children handle beans. Don't use red kidney beans. Keep dry and soaked beans away from children under 4 (choking risk), and supervise the whole time.

My name and my bean type:

I predict a root will appear on Day _____ because...

Day	Date	Root length	Shoot length	What I see (one word)
Day 0				
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Day 0: draw your bean

Day	Date	Root length	Shoot length	What I see (one word)
Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				
Day 14				

Draw your bean plant on its best day. Label the root, shoot and leaves.

What came out first, the root or the shoot? What surprised you?

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