

EVERY CHILD A SEED

MY PLANT JOURNAL

NAME: _____

CLASS: _____

SCHOOL: _____



Once upon a time, Singapore was mostly covered with jungles and swamps. As more people settled on the island, nature made way for roads and buildings to house the growing population.

To build a beautiful and special home, people started to transform Singapore into a Garden City. Green parks started to emerge. Fast-growing trees were planted to provide shade. Even flyovers and overhead bridges were covered in colourful flowers. These efforts made Singapore a place where people can live, work, and play in a garden environment that they helped create – a City in a Garden.

Even as we face climate change and become more urbanised, Singapore will continue to provide a more sustainable living environment as we transform into a City in Nature. We can look forward to fresher air, cleaner water, cooler temperatures, and better health and well-being. We do this by safeguarding our core nature reserves while creating more spaces for nature-based recreation, making our landscapes more natural, and strengthening the connectivity between our green spaces.

Everyone can play a part in making Singapore a greener home. In 2013, a special Every Child A Seed programme was started to give students a chance to grow their own plants from seeds. This year, as we commemorate 60 years of greening Singapore, we invite you to join us in transforming and caring for our City in Nature!



circle your plant!

I am growing a _____
(species)

I planted the seeds on _____
/ /

I have placed my plants _____
(where)

Three uses for my plant include:

- 1 _____
- 2 _____
- 3 _____



Plant Information



Sunflower
Helianthus annuus

Did You Know?

The Sunflower is not really a flower. It is made up of many small flowers clustered together. The outer ring is made up of flowers with big yellow petals. The owerers in the centre are important because they produce seeds.

Growth Rate

Sunflower seeds take 5 to 10 days to germinate. It takes around 90 days for flowers to grow.

Growth Conditions

- ☀ At least **4 hours** of direct sunlight a day
- 🚰 Seed to germination stage: ~ 250 ml once a day, water **slowly**
After leaves develop: water **slowly** till water drains out of the drainage holes

Did You Know?

The Roselle is a common home garden vegetable. Almost every part of the plant, from the leaves to the red calyces* and the roots, is edible.

*Calyces - plural for calyx; the outer layer of the flower bud.

Growth Rate

Roselle seeds take 2 to 3 days to germinate. It takes around 20 to 30 days for flowers to grow.

Growth Conditions

- ☀ At least **4 hours** of direct sunlight a day
- 🚰 Seed to germination stage: ~ 250 ml once a day, water **slowly**
After leaves develop: water **slowly** till water drains out of the drainage holes



Roselle
Hibiscus sabdariffa

Did You Know?

Sweet Basil is used in various cuisines such as Italian, Thai, Indonesian, Mediterranean and Vietnamese.

Growth Rate

Sweet Basil seeds take 3 to 5 days to germinate. It takes around 45 to 90 days for flowers to grow.

Growth Conditions

- ☀ At least **4 hours** of direct sunlight a day
- 🚰 Seed to germination stage: ~ 250 ml once a day, water **slowly**
After leaves develop: water **slowly** till water drains out of the drainage holes

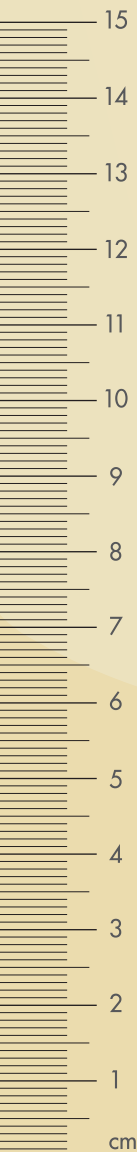
Harvest young basil leaves for optimal taste!



Sweet Basil
Ocimum basilicum

My Plant Growth Chart

Now that you have planted your seeds, observe your plant's growth by drawing what they look like at different stages in the pot below. Using the ruler on the left, measure the height of your tallest plant.



Adult Plant

My plant's flowers are

My plant is _____cm,
measured on ____/____/20____

My plant is growing:



I am feeling:



To draw Adult Plant

Helping Words

Green	Pretty
Yellow	Long
Red	Round
White	Black
Wilting	

Self-Reflection

1. What have I done to ensure my plant is growing well?
2. What might be the reason that my plant is not growing or has died?

To draw Seed

Seed

My plant's seeds are

The seeds are planted on

____ / ____ / 20 ____

My plant is growing:



I am feeling:



To draw Young Plant

Young Plant

My plant's leaves are

My plant is _____cm,

measured on ____ / ____ / 20 ____

My plant is growing:

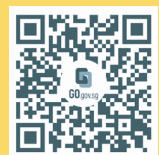


I am feeling:



Remember that plants are living things and do not always grow how we expect them to! You can try growing a new plant or observe the growth of your classmate's plant.

Share your reflections with us by scanning the QR code:



Word Search

Search for the highlighted words below!

Singapore is moving to becoming a **Ci__ in N__re**, to ensure a green, liveable and sustainable home for Singaporeans for generations to come. This is part of the larger **S__ga____ Gr__n Plan 2023**.

The rise in urban temperature is an effect of **____ate c ____ ge**.

Through the **O_e Mil____ Tr__s** movement, the community is planting one million more trees in Singapore by 2030.

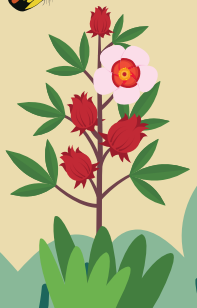
S____y tr____ planted along our roads have large crowns that protect us from the sun.

This year marks 60 years since Singapore's former Prime Minister, Mr **L__ Ku__ _ew** kickstarted Singapore's **gr__ni_g jo__n_y** in 1963 by planting a Pink Mempat Tree.

Sunflower, Thai Basil and Roselle are examples of **e__ble p_a__s**.

M F M O L J X E D I B L E P L A N T S N
A N J S J O V I L X W C U I Z J F H H M
S I N G A P O R E G R E E N P L A N Q H
G G B I M L E E K U A N Y E W F L A T N
I Q L K O S L X B S N Z V J Q W B P D J
G R E E N I N G J O U R N E Y L L S D X
C L I M A T E C H A N G E W N E X W Y A
G Z V J G O N E M I L L I O N T R E E S
B U S L Q Z N H P Z S H A D Y T R E E S
X S B K B W W T C I T Y I N N A T U R E

Answers: City in Nature, Singapore Green, climate change, OneMillionTrees, Shady trees,
Lee Kuan Yew, greening journey, edible plants



Tree Maze

The basic requirements of a healthy plant are light, water and air. Go around the maze and collect the essential items for a healthy plant while avoiding plant pests that can damage your plant.



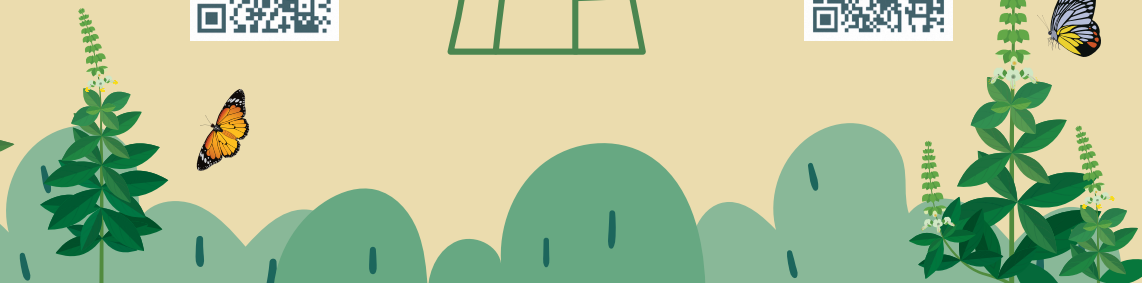
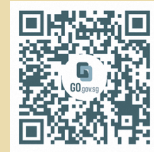
Find out more about common plant pests and diseases:

scan here!



Find out more about caring for plants:

scan here!



I WANT TO DO MORE!

The important role you play in greening Singapore does not stop here. Here are some ways you can continue to play your part:

- Encourage your family and friends to grow plants at home or in their offices
- Join your school's Green Club or start your very own!
- Learn more about our environment by reading up on nature and spending time in our parks, gardens and nature reserves

Can you think of other ways where you can contribute to making Singapore a City in Nature? Share them with your classmates and teachers.

For more information on the Every Child a Seed programme, visit www.nparks.gov.sg/everychildaseed

Supported by