

# EVERY CHILD A SEED

## MY PLANT JOURNAL

NAME: \_\_\_\_\_

CLASS: \_\_\_\_\_

SCHOOL: \_\_\_\_\_



Once upon a time, Singapore was mostly covered with forests and swamps. As more people settled on the island, nature made way for roads and buildings for people to live in.

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 to 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 green spaces.

Everyone can play a part in making Singapore a greener home. In 2013, the Every Child A Seed programme was started to give you a chance to grow your own plants from seeds. These plants were specially selected to teach you about the plant life cycle, and give you the opportunity to experience the joy of harvest from the care and hard work of gardening.

Happy gardening!



Circle Your Plant!

I am growing a \_\_\_\_\_ (species)

I planted the seeds on 

I have placed my plants at \_\_\_\_\_ (where)

Three uses for my plant include:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# Plant Needs

All the plants you have received need:

- At least six hours of direct sunlight
- Loamy, moist soil. Water when the soil is dry, and do not let the soil become waterlogged
- A pot that is at least 15 cm deep and 15 cm wide when the plant has four or more leaves

## Plant Information



**Sunflower**  
*Helianthus annuus*

### Did You Know?

Sunflowers can be eaten! While sunflower seeds are a popular snack, freshly sprouted sunflowers can also be eaten as microgreens. Learn more about microgreens [here](#):



### Planting Schedule

- Takes around one week to germinate
- Needs repotting to a bigger pot after it produces at least four leaves/after a month (whichever comes first)
- Will flower around two to three months after germination
- Flowers will develop into seeds a week after pollination, and seeds can be harvested to be planted again

### Did You Know?

The fleshy red part of the Roselle that is eaten is called a calyx and develops from sepals which are behind the petals. The sepals protect the flower bud.

### Planting Schedule

- Takes up to three days to germinate
- Needs repotting to a bigger pot after it produces at least four leaves/after two weeks (whichever comes first)
- Will flower around a month after germination
- The flower will become a fully mature fruit after 10 days, and seeds can be harvested to be planted again



**Roselle**  
*Hibiscus sabdariffa*

### Did You Know?

Basil plants will die after they produce seeds. You can keep your basil plant alive longer by cutting the flowers off to stop them from developing into seeds.

### Planting Schedule

- Takes around five days to germinate
- Needs transplanting to a bigger pot after it produces at least four leaves/after two weeks (whichever comes first)
- Starts to produce flowers around a month and a half after germination

Harvest young basil leaves for optimal taste!



**Sweet Basil**  
*Ocimum basilicum*

# My Plant's Growth Chart

Draw how your plant grows and changes over time! Use the ruler on the left to measure the height of your tallest plant.

My plant's seeds  
are \_\_\_\_\_ cm long.

I planted them on  
\_\_\_\_ / \_\_\_\_ / \_\_\_\_ .

The seeds I planted



## Self-Reflection

1. How did I feel while planting my seeds?
2. What did I do to keep my plant growing well?
3. What might be the reason my plant is not growing or has died?

cm

My plant with 4 or more leaves

My plant grew at least 4  
leaves on  
\_\_\_\_ / \_\_\_\_ / \_\_\_\_ .

My plant is now  
\_\_\_\_\_ cm tall.

I moved it into a pot  
that is \_\_\_\_\_ cm wide  
and \_\_\_\_\_ cm tall.



My plant growing flowers

My pot looks like this

Flower

My plant grew flowers  
on \_\_\_\_ / \_\_\_\_ / \_\_\_\_ !

It is now \_\_\_\_\_ cm tall.

# Plant Growth Needs

Draw your plant growing in the garden, and label what it needs!  
Refer to the list on the next page for some helping words.



Can you label the parts of your plant?





Did you know that different plant parts do different things?  
Draw a line from what plants need to the plant part that uses it!

### Things plants need

**SUNLIGHT**

**WATER**

**SOIL**

**POLLINATORS**

### Parts of a plant

**FLOWERS**

**ROOTS**

**LEAVES**





# I WANT TO GROW MORE!

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

Learn more about edible plants by visiting our parks and gardens:

- The Singapore Botanic Gardens
- Jurong Lake Gardens
- HortPark
- Fort Canning Park

Browse more digital resources:



Visit a Community Garden



Learn more about gardening from GardeningSG



Join a gardening event with NParks

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



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