1.1 Potato Sprouting and Life Cycle Observation

# Instructions

**Materials Needed:**

* Potatoes (1 or 2 per student or group)
* Jars (clear glass or plastic)
* Water (if using water for sprouting)
* Soil (if planting in soil)
* Small pots (if using soil)
* A notebook or journal for documenting observations
* A measuring cup for water
* Access to light (either natural sunlight or a grow light)
* Optional: Thermometer to measure temperature

**Setup:**

1. **Choose Your Sprouting Method:**
	* **Water Method:** Cut a potato in half (or use whole potatoes with several eyes), and suspend the potato over a jar of water using toothpicks, making sure the bottom is submerged in the water while the top is exposed.
	* **Soil Method:** Plant the whole potato in a small pot with soil, ensuring that the potato is covered lightly with soil.
2. **Position for Growth:**
	* Place the jars or pots in an area where they can receive adequate light. This can be near a window for natural sunlight or under a grow light for controlled light exposure.
	* If using multiple groups or students, create variations by changing the light intensity or temperature to compare the results.
3. **Prepare Observation Journals:**
	* Provide students with a notebook or journal to track and document their observations, including the growth of the sprout, any changes in the potato’s appearance, and the environment conditions (light and temperature).
4. **Label the Containers:**
	* Label each jar or pot with the student’s name and the conditions (light, temperature, etc.) so results can be tracked and compared easily.

**Activity Instructions:**

1. **Start the Observation:**
	* Over the next few days and weeks, students will observe and document the potato’s growth. They should record the following:
		+ **Day 1:** Describe the initial condition of the potato (size, appearance, etc.) and whether it’s planted in water or soil.
		+ **Day 3/Week 1:** Look for early signs of sprouting or roots. Describe any changes and measure the height of the sprout, if applicable.
		+ **Ongoing:** Continue documenting daily or weekly growth, paying attention to any differences in sprout length, leaf development, and any changes in colour or texture.
2. **Compare Conditions:**
	* If possible, set up different groups with varying light or temperature conditions. Some potatoes can be placed in a sunny window, while others can be kept in darker areas or at different temperatures (like near a heater or in a cooler space). Students should compare the growth of sprouts under these different conditions and make notes of any differences.
3. **Reflection and Conclusion:**
	* After a few weeks, gather the students to discuss their findings. Ask them to share which potatoes grew the best and why they think that happened. Encourage them to think about how light and temperature affect plant growth.
	* Discuss the full life cycle of the potato, from sprouting to growth to flowering and eventually producing new potatoes. Explain the difference between the two sprouting methods (water vs. soil) and the key elements needed for healthy plant growth.

**Safety Note:**

* Ensure that the jars are stable and cannot be easily knocked over.
* If using a grow light, make sure it’s placed safely out of reach and turned off when not in use.
* Remind students not to eat the potatoes or disturb the plants too much while they observe.

**Learning Outcomes:**

1. **Understanding Plant Growth:** Students will learn about the potato’s life cycle, including how it sprouts, grows, and matures, and the importance of light, water, and temperature.
2. **Scientific Observation Skills:** Through documenting changes, students will practice observing, recording, and interpreting changes over time.
3. **Critical Thinking and Comparisons:** Students will learn how to compare different environmental conditions and draw conclusions based on their observations, fostering analytical thinking.
4. **Hands-On Learning:** This hands-on experiment will engage students in learning about plant biology and the conditions necessary for growth, bringing scientific concepts to life.

Through observing the potato’s sprouting and growth process, students gain a deeper understanding of plant biology, environmental factors, and the natural world.