



HOMESCHOOL SCIENCE EXPERIMENT

Growing Bean Sprouts in a Jar with Cheesecloth Lid

In this experiment, you will grow bean sprouts and observe how seeds change as they grow.



MATERIALS

- 1/2 cup dry bean seeds (mung beans work great!)
- 1 wide-mouth jar (quart size recommended)
- Cheesecloth
- Rubber band or jar ring
- Water
- Colander or strainer (for rinsing)
- Optional: spray bottle



SAFETY

This experiment is safe to do. Always wash your hands before and after handling the beans and sprouts.

MY HYPOTHESIS

I think the beans will _____

because _____

OBSERVATIONS

Day	What I See (Look closely!)	Draw a Picture	Notes / Measurements
Day 1 (soaked)			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			



METHOD

1. **Measure** 1/2 cup of dry bean seeds and place them in the jar.
2. **Add water** to the jar and let the beans soak for 8–12 hours.
3. **Drain** the water and rinse the beans. Use the colander or strainer.
4. **Cover** the jar opening with cheesecloth and secure it with a rubber band or jar ring.
5. **Place** the jar at room temperature, out of direct sunlight.
6. **Rinse** and drain the beans 2 times each day (morning and evening). To rinse, add water, swirl, and drain well.
7. **Observe** the beans each day and record your observations.
8. **After 5–7 days**, your bean sprouts should be ready! Rinse well before eating.

THINK ABOUT IT

1. What changes did you see each day?

2. What do the sprouts need to grow?

3. What would happen if you didn't rinse the beans?

4. How are these sprouts similar to the bean seeds?



MY CONCLUSION

My hypothesis was (circle one): **Correct** **Partly Correct** **Not Correct**

What did I learn?



TIP: Try different beans or seeds. Mung beans, adzuki beans, and lentils all sprout!