



Growing Indoor Herbs under UV Light versus Natural Light



Name: _____ Date: _____ Parent/Teacher: _____



QUESTION

How does growing herbs under UV light compare to growing them under natural light?



HYPOTHESIS

If herbs are grown under UV light, then

because _____



VARIABLES

Independent Variable: Type of light
(UV light vs. natural light)

Dependent Variables: Plant height, number of
leaves, color, overall health

Controlled Variables: Type of herb, soil, pot size, water
amount, light duration, temperature



MATERIALS

- 2 identical pots or containers
- Potting soil
- Herb seeds (e.g., basil, parsley, or cilantro)
- UV grow light (labeled as UV grow light)
- Natural light location (windowsill or balcony)
- Timer
- Ruler
- Watering can
- Labels or tape
- Notebook or data sheet (this one!)

PROCEDURE – UV LIGHT GROUP

1. Fill one pot with potting soil.
2. Plant the same number of herb seeds.
3. Label the pot "UV Light."
4. Place the pot under the UV grow light.
5. Keep the light on for _____ hours each day.
(Recommend 12–16 hours)
6. Water the plant with the same amount of water daily.
7. Observe and record data every _____ days.

PROCEDURE – NATURAL LIGHT GROUP

1. Fill the second pot with potting soil.
2. Plant the same number of herb seeds.
3. Label the pot "Natural Light."
4. Place the pot in a spot with indirect natural light.
5. Keep the plant in the same location each day.
6. Water the plant with the same amount of water daily.
7. Observe and record data every _____ days.

DATA TABLE – Record your observations

Day	UV Light Group			Natural Light Group			Observations/Notes (Any differences?)
	Height (cm)	# of Leaves	Color/Health Notes	Height (cm)	# of Leaves	Color/Health Notes	
Day 0							
Day 3							
Day 6							
Day 9							
Day 12							
Day 15							



CONCLUSIONS

1. What did you observe? _____
2. Which light helped the herbs grow better? Why do you think so? _____
3. What could you do differently next time? _____



TIPS

- Keep everything the same except the type of light.
- Be patient and consistent!
- Take pictures of your plants to track their growth.