



Growing Watercress in Different Types of Water



QUESTION

How does the type of water affect the growth of watercress?

HYPOTHESIS

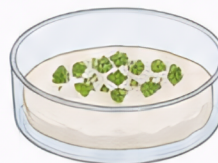
If watercress is grown in different types of water, then _____

MATERIALS

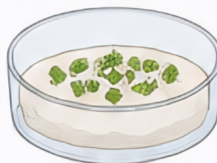
- Watercress seeds
- 4 shallow dishes or containers (same size)
- Growing medium (paper towels or cotton rounds)
- Filtered water
- Tap water
- Distilled water (optional)
- Bottled spring water (optional)
- Ruler
- Label or tape and marker
- Sunlight or grow light

EXPERIMENT SETUP

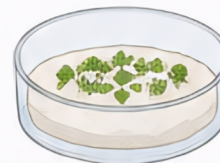
Use the same amount of seeds and the same growing medium in each container. Keep all containers in the same location with the same light and temperature.



Filtered Water



Tap Water



Distilled Water
(optional)



Spring Water
(optional)

Add enough water to keep the growing medium moist (not soaking).
Check and add water as needed.

PROCEDURE

1. Label each container with the type of water it will receive.
2. Place the same growing medium in each container.
3. Sprinkle the same number of watercress seeds evenly on top in each container.
4. Add the assigned type of water to each container.
5. Place all containers in the same location with the same light and temperature.
6. Keep the growing medium moist by adding the same type of water to each container as needed.
7. Observe and record the growth every day for 7–14 days.
8. Compare the results.

DATA TABLE

Day	Average Plant Height (cm)				Observations (leaf color, size, number of leaves, etc.)
	Filtered Water	Tap Water	Distilled Water (optional)	Spring Water (optional)	
1					
3					
5					
7					
10					
14					

OBSERVATIONS

What did you notice about the growth and appearance of the watercress in each type of water?

CONCLUSION

Which type of water resulted in the best growth? Which had the least growth? Why do you think this happened?

My hypothesis was (circle one): Supported Not Supported

What would you like to investigate next?



SCIENCE TIP: Change only one variable (the type of water) and keep everything else the same for a fair test.