



## I'M A SEED

Children curled up, eyes closed, heads tucked in...

We are seeds  
In a pot  
Plant us  
Water us  
Up we pop!

Heads pop up, eyes open...

We are seeds  
We can grow

Beginning to straighten and stretch...

Plant us  
Water us  
Up we go!

Continuing to stretch...

We are seeds

Stretching arms slowly out...

We're alive  
Plant us  
Water us  
See us thrive!

Waving arms about like leaves.

## EAT ME

Sprinkle me over fish  
Sprinkle me over meat  
Sprinkle me over salads  
Then eat me, eat, eat, eat  
I'm very rich in vitamins  
And vitamins are good  
I'm watercress – I'm good for you  
I'm very healthy food.

