

Yakult Craft Activity

ALFALFA-MAN

You will need:

- Yakult Light Bottle
- Markers
- Cotton Wool Balls
- Water
- Alfalfa Sprout Seeds



Step 1:

Remove the outer wrapper from the Yakult Light bottle and use the markers to design your character.



*Remember: soft plastics like the outer wrapper of the Yakult bottle can be recycled in collection bins at most major supermarkets.

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Step 2:

Soak the cotton balls with water and fill the Yakult bottle to the top with wet cotton balls. Then sprinkle alfalfa seeds over the top of the cotton wool.

Step 3:

Sprinkle water gently over the top of the alfalfa seeds every 2-3 days. Alfalfa sprouts should be fully grown within 1-2 weeks.



*Alfalfa sprouts have a sweet, nutty flavour. They are high in antioxidants and are a great source of vitamins.

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