Plants and Food



Where do you think plants get food?

Lexile Level: 500-750

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Living Things

Plants and people are both living things. All living things need food to stay alive.

Plants are food to us. We eat them. But where do plants get their food?



People and plants need air.



Fruits and veggies are parts of plants.

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Food Factories

Plants have leaves. Leaves come in a wide variety of shapes, shades and sizes.

The leaves are where a plant makes food. Each leaf is like a little food factory of its own.



Most plant leaves are green.



The more leaves, the more food it can make.

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Making Food

Leaves need three things to make food: water, sunlight and air. The surface of each leaf absorbs sunlight.

The sunlight mixes with water and air. This is how a plant makes the food it needs to stay alive.



Each leaf helps a plant stay alive.



They must have all three things.

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What About Stems?

Stems are necessary for leaves to make food. They can't do it without them.

Stems bring leaves closer to the sun. They also move water and food to other parts of the plant.



Each kind of plant has a different stem.



A tree trunk is a stem.

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What About Roots?

Roots are necessary for plants to make food. Roots reach deep into soil.

They keep plants anchored in place. They help plants absorb the water they need to make food.



Every plant you see has roots.



Plants get a lot of water from rain.

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Conclusion

Plants have all the parts they need to make their own food. Do you know what else they have?

Seeds! Inside each flower are the seeds that will one day make new plants.



Bees help plants move seeds around.



We eat seeds from plants.

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