

# Plants

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Plants are very important living things on Earth. They grow in many places like gardens, forests, fields, and even deserts! We see different kinds of plants all around us — from tiny grass to tall trees.

## What Are Plants?

Plants are living organisms that make their own food using sunlight through a process called **photosynthesis**. They have parts like roots, stems, leaves, flowers, and fruits.

### Parts of a Plant

- **Roots:** Roots grow under the soil and hold the plant firmly. They also take water and nutrients from the soil.
- **Stem:** The stem supports the plant and helps carry water and food between roots and leaves.
- **Leaves:** Leaves use sunlight to make food for the plant. They are the food factories!
- **Flowers:** Flowers help plants make seeds so new plants can grow.
- **Fruits:** Fruits protect seeds and help in spreading them to new places.

## How Do Plants Help Us?

Plants give us many important things. They provide us with oxygen to breathe, food to eat, clothes, medicines, and homes for many animals.

**Did You Know?** A single big tree can provide enough oxygen for a family of four every day!

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## Let's Learn With An Example!

Look at a sunflower plant. It has roots rooted in the soil, a strong green stem, large leaves to catch sunlight, and bright yellow flowers. The flower makes seeds which can grow into new sunflower

plants.

Sunflower Plant

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## Exercise Time!

1. Name the five main parts of a plant.
2. Why do plants have roots?
3. What do leaves do for the plant?
4. Can you find a flower from a plant and describe its color?
5. Draw a simple plant with its parts labeled.

*Remember:* Plants help us breathe, eat, and live happily. Let's take good care of them every day!

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