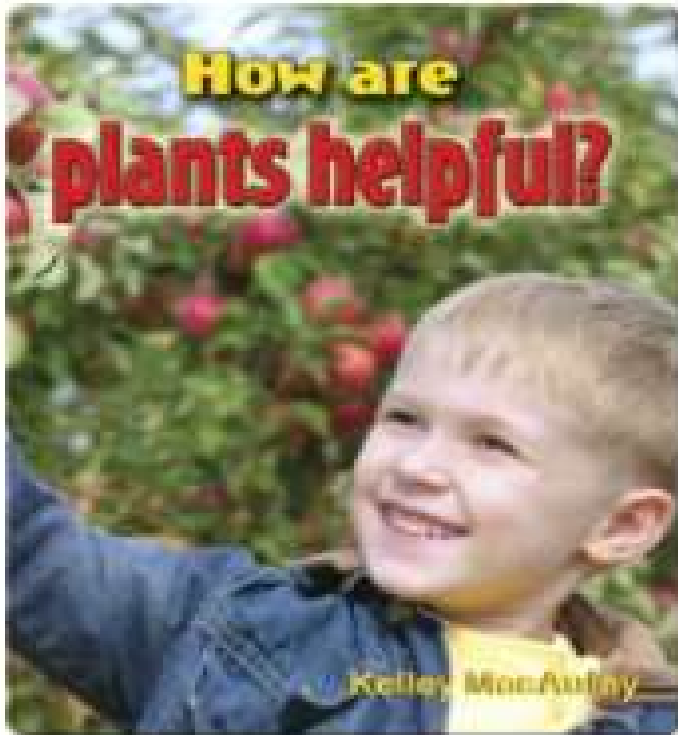


Today we are going to read: How Are Plants Helpful ? By Kelley MacAulay



This is an informational text that will help you learn more about plants in the world.

Remind students of the questions that we are answering this week:

Why are plants important ?



## How Are Plants Helpful?

By: [Kelley Macaulay](#)

From providing the oxygen we breathe to supplying nutritious foods, examine the many ways plants are essential to all living things.

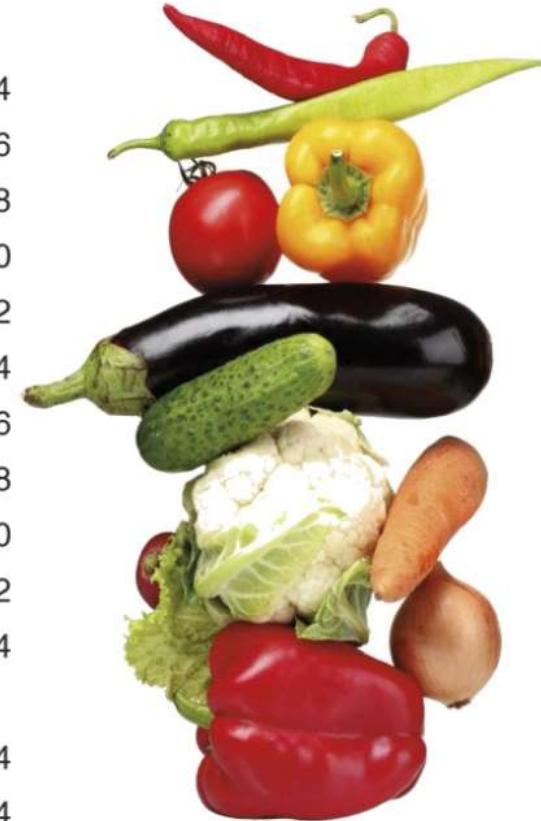
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Age Range Level 

## Contents

Living things	4
Natural resources	6
Plants provide food	8
Healthy foods	10
Parts of homes	12
Natural fabrics	14
Plant medicines	16
Clean air	18
Plants all around	20
Helping plants	22
Words to know	24
Notes to adults and activities	24
Learning more	24

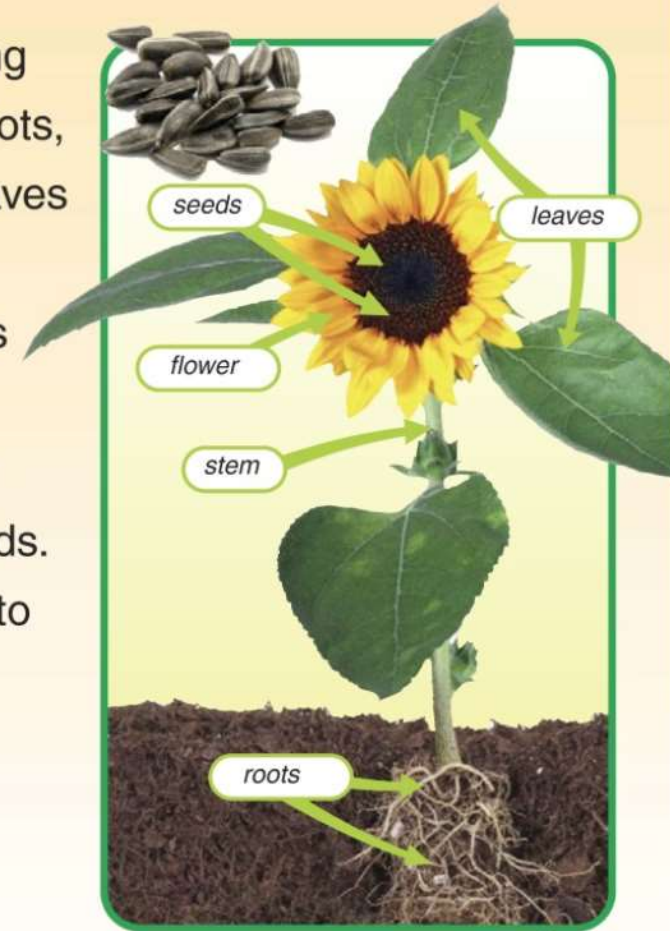


# Living things

People are living things. We need food, water, air, and shelter to stay alive. Shelter is what protects us from bad weather.

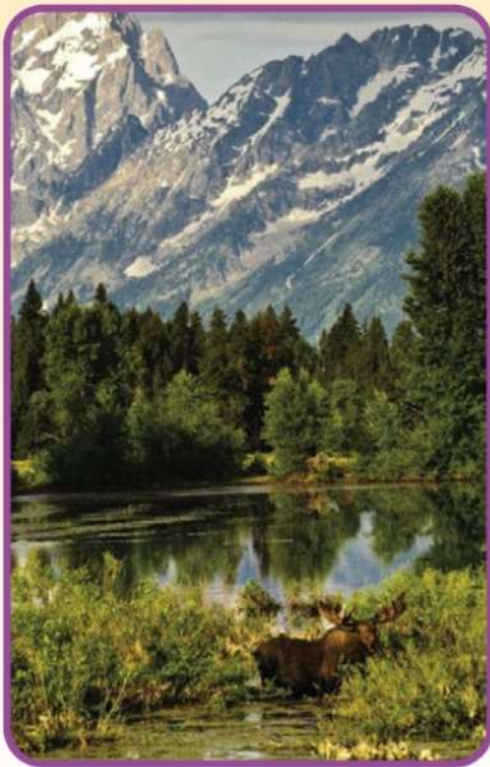


Plants are living things, too. Roots, stems, and leaves are parts of plants. Flowers and fruits are parts of plants that make seeds. Seeds grow into new plants.



# Natural resources

Plants are **natural resources**. Natural resources are things that come from nature that people can use to meet their needs. Animals, water, and soil are also natural resources.



We get many of the things we need to survive from plants and other parts of nature. We get food, shelter, and **medicine** from plants! Medicine helps us feel better when we are sick.



# Plants provide food

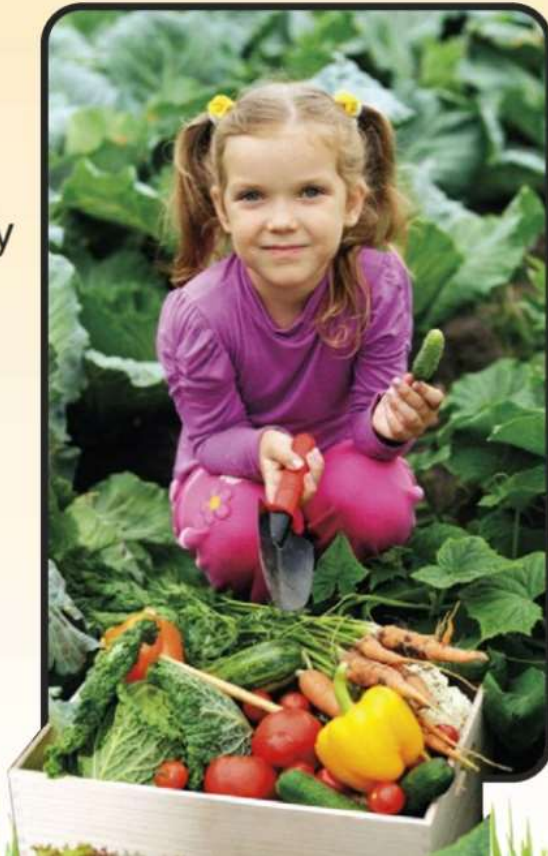
Food gives living things energy to grow and move. Plants make their own food. They make food in their leaves using sunlight, air, and water.



All people and animals depend on plants for food. People eat plants. Animals eat plants, too. Some people and animals also eat the animals that eat plants.

# Healthy foods

Plant foods are very healthy to eat. They provide people with energy and **vitamins**. Vitamins are things our bodies need in order to work properly.



We use different parts of plants for food. When you crunch on a carrot or bite into a beet, you are eating plant roots. Grains, such as wheat, are plant seeds. We use grains to make bread. You are loading up on leaves when you add lettuce and spinach to your salads!

# Parts of homes

People use materials from plants to build their homes. Wood is a hard material from trees. Wood can be used to build walls and floors in houses. It can also be used to make tables and chairs.



In some places, houses are made of **bamboo** and other plants. Bamboo is a type of grass that has a hard, strong stem.

# Natural fabrics

Did you know the clothes you are wearing could have come from plants? Cotton and other materials used for some clothing are made from plant **fibers**. Fibers are long strands of material. These fluffy fibers are growing on cotton plants.



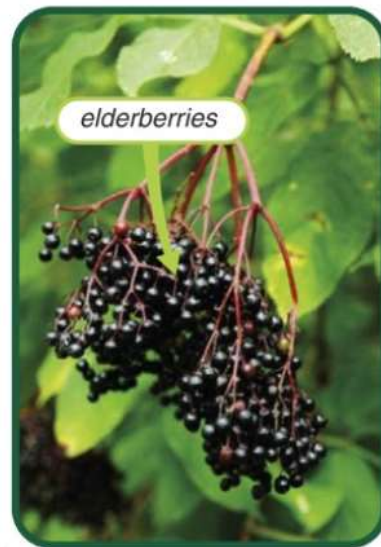
Cotton is soft and strong. Jeans and socks are clothes made of cotton.





# Plant medicines

People have used plants to make medicine for thousands of years. Berries from elderberry plants can be used to treat colds and flus. Ginger plants can treat upset stomachs.



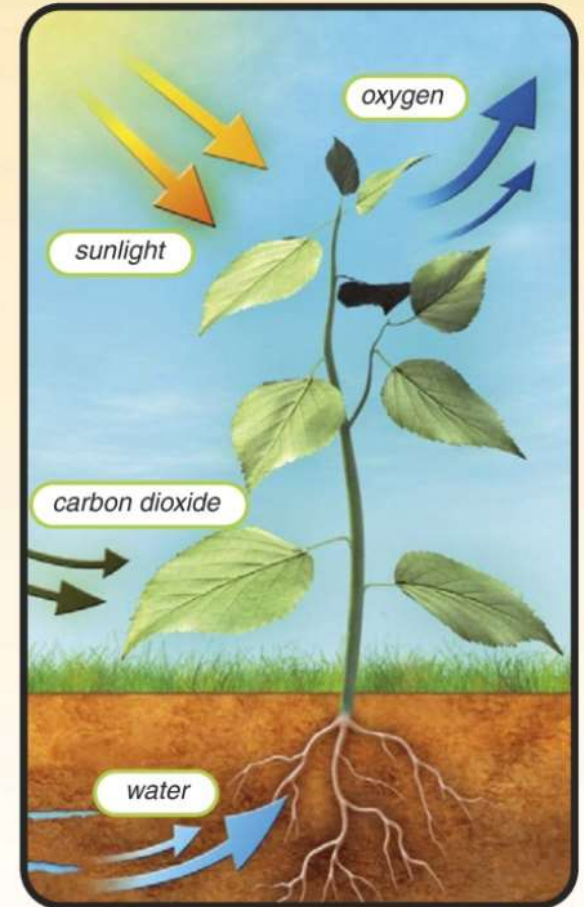
Some people put juice from aloe vera plants on cuts or sunburns. The juice can help skin heal. Plants can also make people sick, however. Do not use plants as medicine unless a doctor tells you it is safe.

# Clean air

People and animals need to breathe **oxygen** to stay alive. Oxygen is a part of the air. We get oxygen from plants.

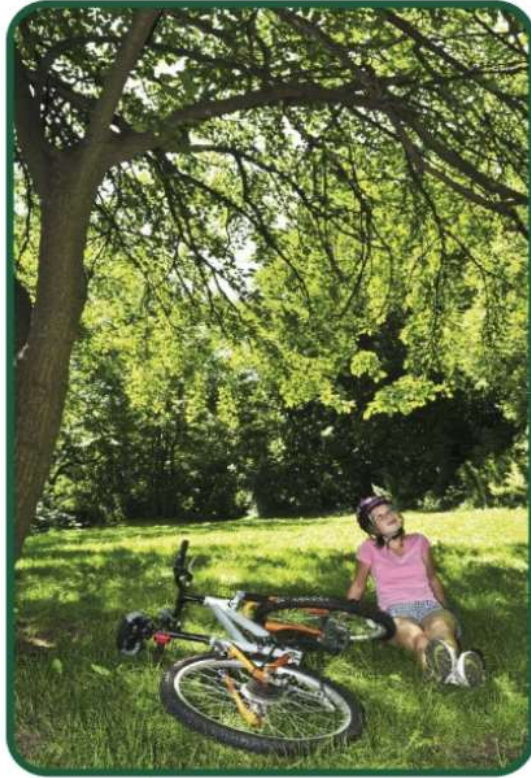


Plants take in a part of air that we do not use called **carbon dioxide**. They use this air, along with water and sunlight, to make food. After making food, plants send oxygen back into the air.



# Plants all around

People use plants every day. Trees provide shade to keep people cool. Wood from trees is used to make paper. Wood can also be burned to heat homes or cook food.



Some of your favorite treats may come from plants. Sugar is made from a plant called sugarcane. Maple syrup and candy is made from a liquid found in maple trees.

# Helping plants

Plants give us so much! It is important we do all we can to protect plants and other things in nature. You can help by creating less waste and garbage. One easy way to help is to bring your lunch to school in a lunch box instead of a paper or plastic bag.



**Recycle** paper when you are done with it. Something that is recycled is used again to make something new. Recycling paper saves trees from being cut down to make new paper.





**Finish Book!**

**Start the Quiz**