



plants

# PLANTS AND US





# Contents

We all need plants	4
Air fit to breathe	6
Vegetables	8
A field of grain	10
Fruit and nuts	12
Drinks	14
Spices and herbs	16
Creams and perfumes	18
Medicine	20
Wood and paper	22
Clothes	24
Gardens and parks	26
Changing colour	28
Plant map	30
Glossary	31
Index	32



# We all need plants



All animals and people rely on plants for food. Even animals that don't eat plants eat animals that do. This giraffe is eating the leaves of a thorny bush.



People grow fields of corn and other food plants. They also use plants for other things. This house is built of wood from trees.





# Air fit to breathe



The air contains an important gas called **oxygen**. All living things breathe in oxygen and breathe out another gas, called **carbon dioxide**.





During the day, plants also take in carbon dioxide through their leaves and turn it into oxygen. So plants keep the air stocked with vital oxygen.



# Vegetables



We eat plants because they contain vitamins and minerals that our bodies need to stay healthy. Vegetables are roots, stems, leaves or flowers.

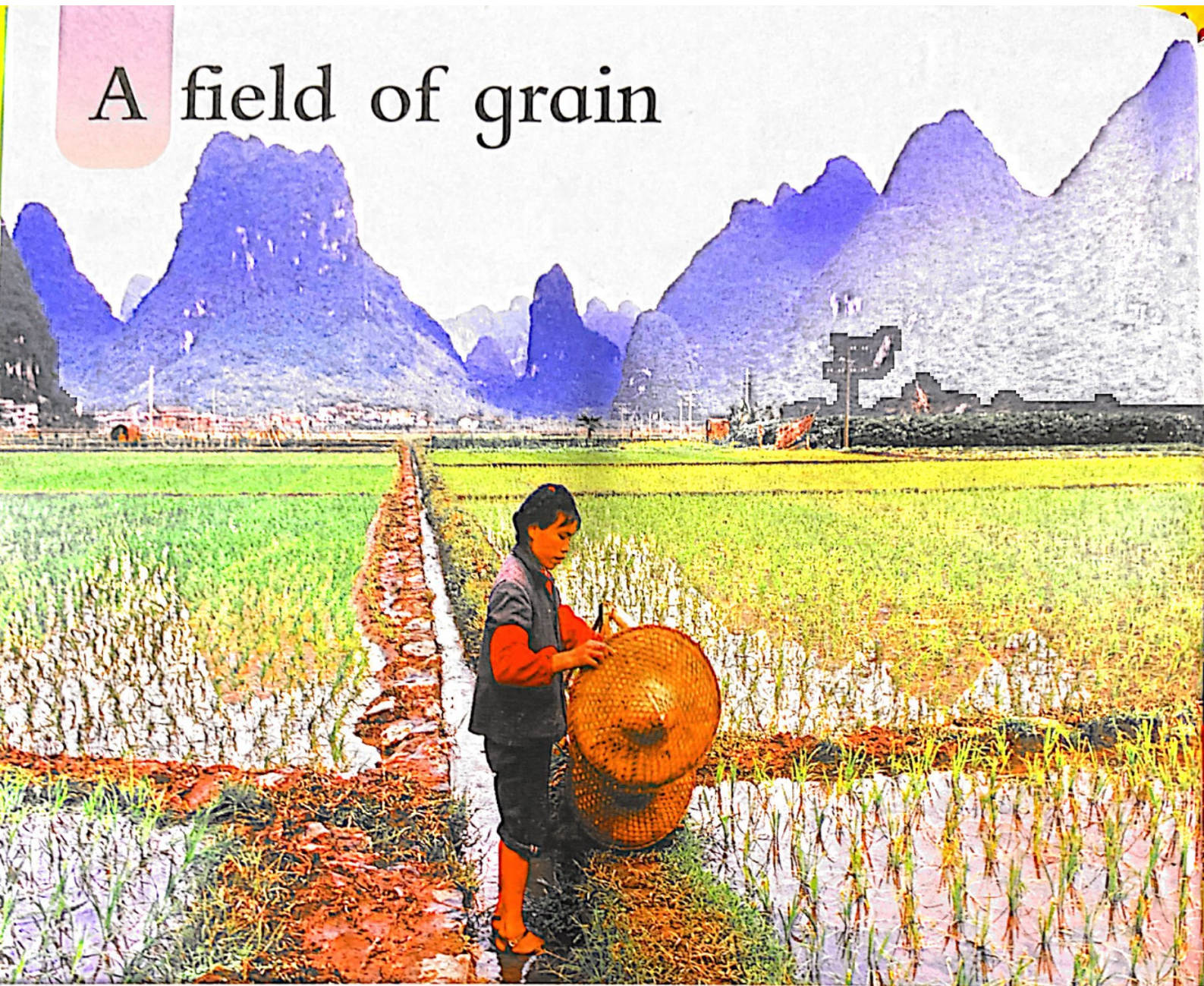


Carrots and potatoes are swollen roots. We eat the leaves of cabbages and lettuces, and the flowers of cauliflower and broccoli.





# A field of grain



Farmers all around the world grow fields of rice or wheat. This farmer is harvesting rice by hand. We eat the seeds, called grains.



When wheat is cut, the grains are collected and **ground** into a powder called flour. Flour is used to make bread, pasta and cakes.





# Fruit and nuts

The fruit is the part of the plant which contains seeds that could grow into new plants. Apples, oranges, peaches and strawberries are all fruits.







Each fruit has one or more seeds surrounded by sweet, juicy flesh. Nuts are seeds too, but they are surrounded by a hard shell.



# Drinks



Apart from milk and water, most of what we drink comes from plants. Some fruits are squeezed to make juice.



The leaves of tea plants are picked by hand before they are dried and made into tea. Coffee beans are roasted and ground before they are used.

