

BENCHMARK • J

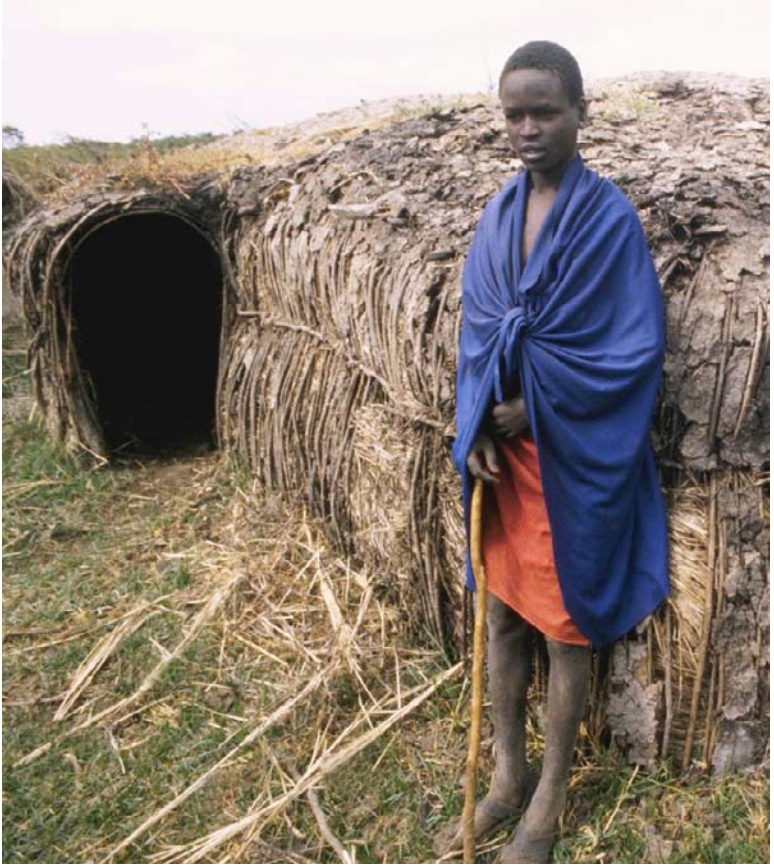
What Comes from Plants



Written by Kathie Lester

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It's simple.

We cannot live without green plants.

In fact, no animals can live without green plants. Why?

There are two reasons.

First, green plants give us food.

They give us food because

they can make their own food.

No other living thing can do this.

Green plants do it by using water, air, and sunlight.

Strawberry fields

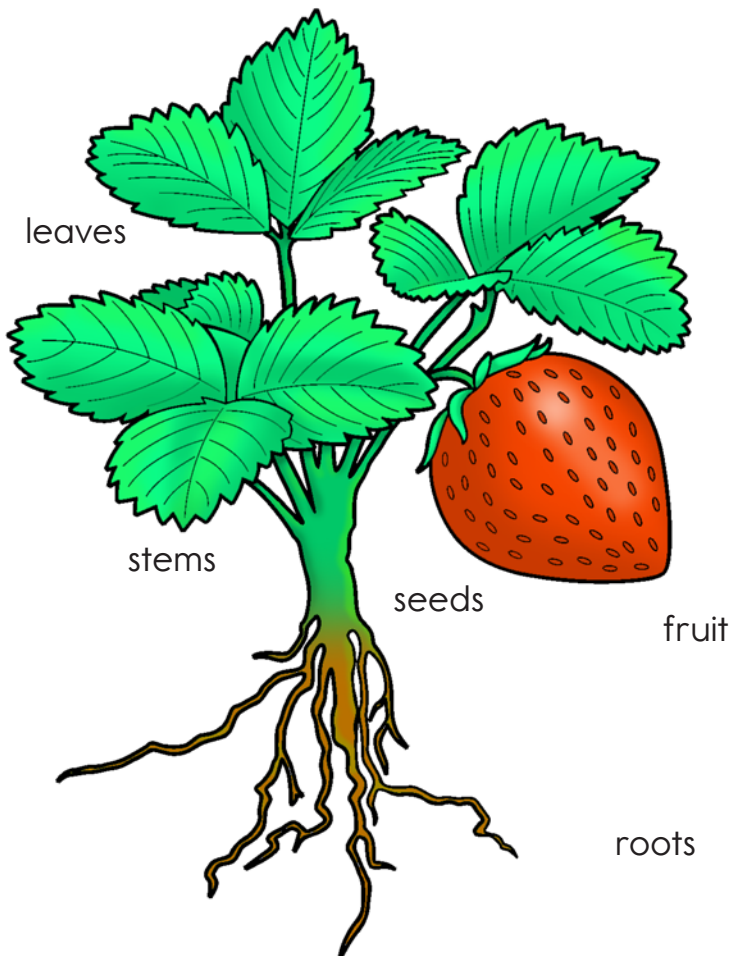


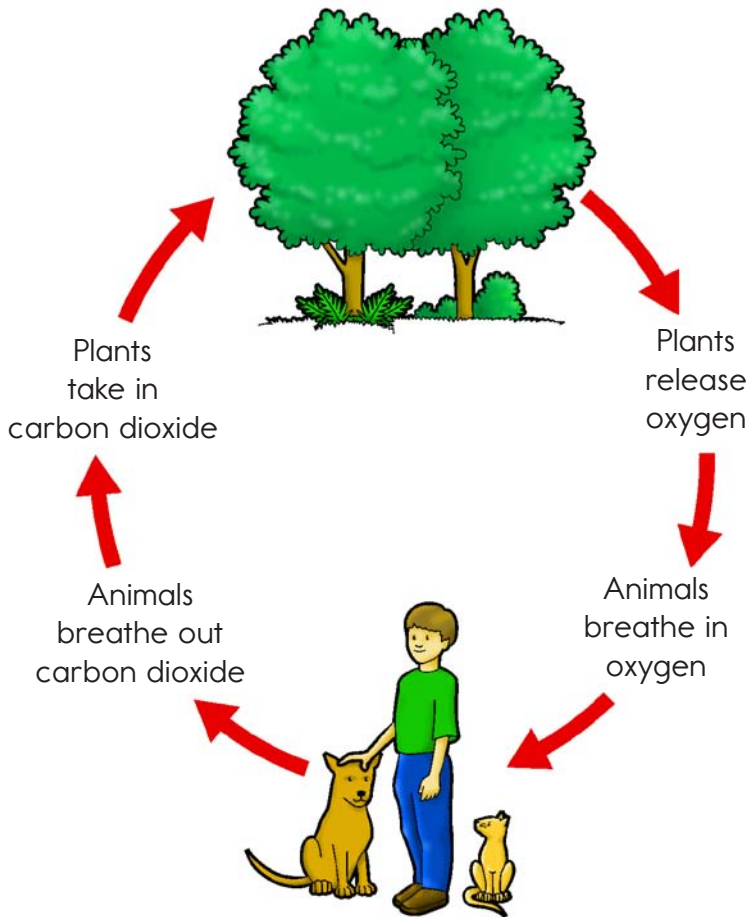
The food plants make is stored
in their leaves.

It is stored in their roots and stems.

And it is stored in their fruits and seeds.

We eat this stored food, and so do
other animals.





The second reason why we can't live without plants is that they make oxygen. They make oxygen when they make food. We need oxygen to breathe.

Where We Get the Food We Eat

FOOD	PLANT PART
apple, orange, peach, cherry	fruits
corn, wheat, oat, pea, coffee, chocolate	seeds
broccoli, cauliflower	flowers
carrot, turnip, sweet potato	roots
celery, rhubarb	stems
lettuce, tea	leaves
syrup, gum	saps

Many vitamins and medicines are made from plants.

Clothing is woven using fibers from cotton and flax plants.

Fabrics are colored using dyes from many different plants.



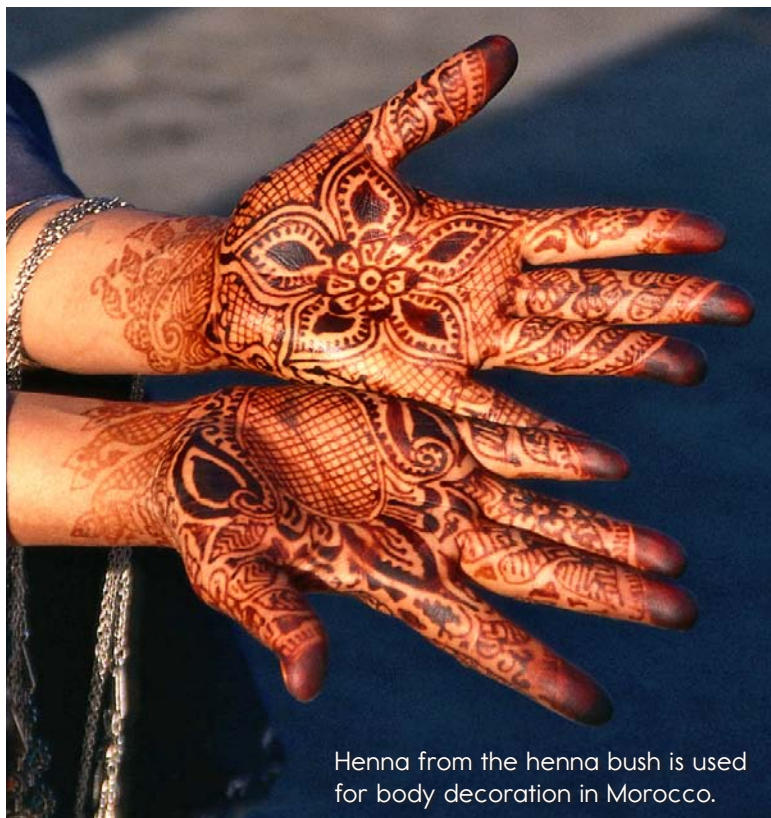


Most paper is made from trees.
Other kinds of paper are made
from rice and bamboo.
Rubber was first made from the sap
of rubber trees.

Most of the fuel we burn for heat and use to run cars comes from plants. People burn wood, oil, coal, and gas.

These fuels come from plants that died long ago.





Henna from the henna bush is used for body decoration in Morocco.

Many cosmetics are made from plants.

Perfumes come from flowers.

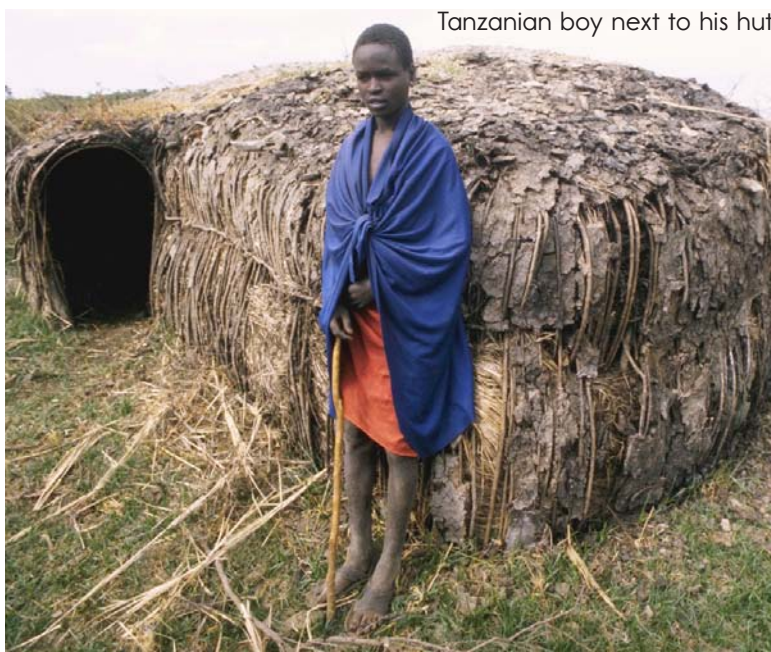
Oil made from the jojoba bush and other plants is used in shampoo and skin creams.

It is also used to lubricate machinery.

Humans use plants to make shelters.
Other animals also use plants to
make shelters.

Many houses are made of wood.
Some houses are made of grass
and leaves, and others are made
of straw, reeds, or sticks.

Even the furniture in houses often
comes from plants.



Tanzanian boy next to his hut

Woven basket



Spices, such as cinnamon,
and seasonings, such as oregano,
all come from plants.

Rope is made of fibers from plants
such as hemp and jute.

Baskets may be woven from strips
of wood.

Fibers from many different plants
may also be used.

We plant flowers, bushes, and trees around our houses for decoration. These plants also provide shade and attract birds.

We may also use houseplants for indoor decoration.

Taking care of plants in and around our homes is a hobby for many people.



Landscape plants



Plants are important to us
in many ways.
They provide us with food,
oxygen, and many products.
Besides that, plants are beautiful.

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Correlation

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