## People and Plants Need Nutrients

Nutrient	Why plants need it	Why people need it
Nitrogen (N)	Makes proteins, fruits, seeds, and chlorophyll to carry out photosynthesis	Makes protein for strong muscles
Phosphorus (P)	Provides energy for growth, strong roots and flowers	Needed for strong bones and teeth
Potassium (K)	Helps plants fight disease and build strong stems	Needed for nerve and muscle function

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