

# Photosynthesis and You

Did you know that plants are able to make their own food? The word “photo” means light, and the word “synthesis” means putting together. The word photosynthesis means putting together with light, which is exactly what happens as plants make their own food with the energy of the sun.

Plants take in the water and nutrients they need for photosynthesis from the soil through their roots. The water and nutrients are moved through tiny root hairs into the roots, and then travel up the stem, in special tubes, to the leaves where photosynthesis takes place.

During photosynthesis, the trapped energy from the sun, carbon dioxide from the air, and water come together to make the plant’s “food” and oxygen. The food provides energy the plant needs to grow, or it is stored in parts of the plant as sugar or starch for later use. The oxygen is released through the tiny holes in the leaf out into the atmosphere.

When you eat plant parts such as potatoes, apples, celery, and raisins, you are using the plant’s stored energy to do all the things your body needs to do.

Now you know that you and the Earth’s plants have a very important relationship. You need each other! Plants cannot survive without the carbon dioxide that you breathe out and you cannot live without the oxygen and food that comes from plants.

# "Photosynthesis and You" Drawing

Name \_\_\_\_\_

## Directions

1. Draw a tomato or corn plant on a piece of paper making sure you include roots, stems, and leaves.
2. Add the sun and put arrows showing how it shines on your plant leaves.
3. Now add soil.
4. Add water droplets to the soil.
5. Write carbon dioxide in the air and put an arrow from the carbon dioxide into the leaf.
6. On the other side of your leaf, write the word "oxygen" and put an arrow showing that oxygen is coming out of the leaf.
7. Your plant is carrying out the process of photosynthesis. It is also growing food for you to eat. Draw a tomato on your tomato plant or an ear of corn on your corn plant.
8. Draw a picture of you eating the tomato or corn.
9. Under your picture, explain why photosynthesis is important to you.