

A small green seedling with several leaves is growing out of a thick layer of green moss. The background is a blurred forest scene with tree trunks.

# Get Growing

## Energy Diet Challenge



## Learning Outcomes:

- will understand the concepts of photosynthesis
- will understand the role of photosynthesis in plants and the environmental benefits plants provide
- Explore the growth process of plants



# How Plants Grow off Water and the Sun

The process on which plants absorb the sun and water is called photosynthesis. Plants use the process of photosynthesis to create food from the sun.

They do that by using a green pigment called chlorophyll plants rely on chlorophyll to absorb the sun to make food. When plants absorb water through their leaves.

It's not a very effective way to take up water. Water condensed the leaf during high humidity, such as fog, then plants can take in some of the surface water. This is how plants are growing using water and the sun.



The background of the slide is a close-up photograph of two cherry tomatoes on a green vine. The tomatoes are in the process of ripening, showing a mix of yellow and red colors. The vine and leaves are green and slightly out of focus. The title is centered at the top of the image.

# **Why do Plants Produce Fruits and Vegetables**

- Plants have DNA which contains instructions to produce fruit. DNA is like having instruction to build a table.
- Once a fruit or vegetable contains seeds and develop from the ovaries of flowering plants.
- Plants produce their own seeds so they can grow year after year.
- Humans and animals alike benefit from this because it gives them food.

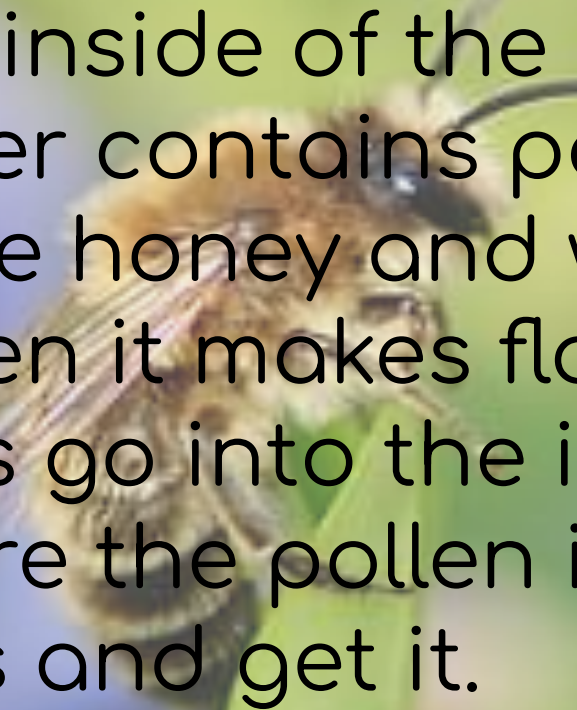
The background of the slide is a close-up photograph of green foliage. Large, heart-shaped leaves with prominent veins are visible. In the lower right area, there is a small, delicate white flower with yellow centers. The overall lighting is bright, suggesting a sunny day.

# **Why do Different Fruits and Vegetables have different Colour**

Each color in fruits and vegetables is caused by specific phytonutrients, which are natural chemicals. That help protect plants from germs, bugs, the sun's harmful rays, and other threats. Each color indicates abundance of specific nutrients.



## Bees and Plants



The inside of the little bulbs in the flower contains pollen that helps bees make honey and when the bee takes the pollen it makes flowers pollinate. The bees go into the inside because that's where the pollen is located in the pollen sacs and get it.



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