

# Growing Strong

People need food, water, shelter, and oxygen to survive. What about plants? What do they need to survive? All plants need clean air, water, and sunlight to live. They also need soil and nutrients (sounds like *new-tree-ents*).

Plants need clean air to help them grow. If the air is polluted, the dirty air might keep the plant from getting the sunlight it needs. Plants also need water. When a plant has water, it can move nutrients from the soil into its stem and leaves. The water in the plant then helps the plant make its own food. If plants do not get enough water, they will wilt. If plants get too much water, they will drown and die.

The sun gives plants heat. It also gives plants energy. Plants use the sun's energy to make food in their leaves. If a plant does not get enough sunlight, its growth may slow or stop. The plant might turn yellow. If a plant gets too much sun, its soil may dry out.

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Sunflowers like these grow tall when they get plenty of clean air, water, and sunlight.

Most plants need soil to survive. Soil holds the plant's roots in place as the plant grows. Soil is also where plants get their water and nutrients. What are nutrients? Nutrients help plants, animals, and people live and grow. People get nutrients from food. Plants get their nutrients from the soil.

While every plant is different and each needs different amounts of clean air, water, and sunlight, all plants need these things to survive.

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Use the passage on the other page to help answer each question or complete each sentence.

Circle the best answer.

1. What is the reading mostly about?  
**A.** sunflowers  
**B.** what plants need to survive
2. True or false: Plants need clean air to survive.  
**A.** true  
**B.** false
3. Plants need water to make their own \_\_\_\_\_.  
**A.** food  
**B.** soil
4. What can happen if a plant gets too much water?  
**A.** It can die.  
**B.** It can grow much bigger.
5. The sun gives plants \_\_\_\_\_.  
**A.** nutrients  
**B.** energy
6. What can happen if a plant does not get enough sunlight?  
**A.** It can die.  
**B.** It can grow bigger.
7. The soil is where plants get their \_\_\_\_\_.  
**A.** energy  
**B.** nutrients
8. True or false? All plants need the same amounts of clean air, sunlight, and water.  
**A.** true  
**B.** false

## Write and Explain:

Of the things plants need to survive, which one do you think is most important? Tell why.