

# Phase 1 – Plants

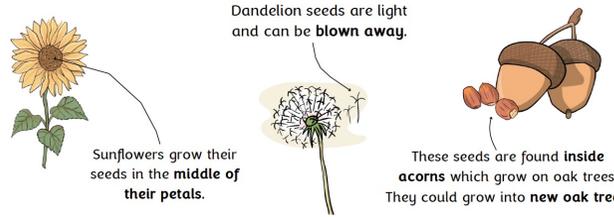
## Edible Plants

The plants that we eat are called fruits and vegetables. There are also plants called herbs that we eat too. Fruits, vegetables and herbs grow in the same way as other plants. They start off as a seed. They need water and sunlight to grow. When they grow, part of the plant grows into a fruit or vegetable. Fruits and vegetables grow in different ways. Most fruits grow on trees, bushes or plants. Some vegetables also grow on plants but some grow under the ground. However, no vegetables grow on trees and no fruits grow under the ground. Herbs are small plants with leaves, seeds, or flowers used for flavouring, food, medicine, or perfume. We usually eat the leaves.



## Seeds

Seeds are part of a plant and grow as the plant grows. Some seeds grow inside fruit. Seeds make new plants. When the plants are small, they are called seedlings. Fruits usually have the seeds as a part of them. Vegetables don't usually have seeds because the seeds will grow on another part of the plant.



## Key Vocabulary



**BULB:** A root shaped like an onion that grows into a flower or plant.



**GROW:** When something gets bigger and changes over a period of time.

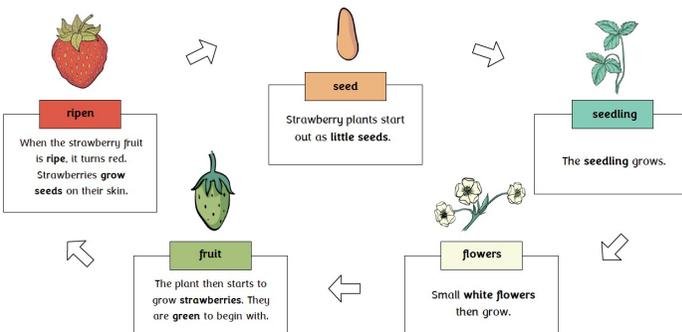


**LIFE CYCLE:** The changes and developments that an animal or plant goes through from the beginning of its life until its death.

## Life Cycle

Different plants grow from seeds in different ways. Daffodils grow from bulbs; sunflowers grow from bigger seeds than strawberries; and potatoes grow from special seed potatoes.

Here is the lifecycle of a strawberry plant:



## What do Plants Need?

Plants need water to grow and keep healthy. Water helps the plants take in nutrients from the soil. It also keeps the plants moist and flexible. If you don't give them enough water, they can wither and die.

Plants need sunlight to grow and keep healthy. The sun provides warmth and energy for plants to survive. Plants use the sun's energy to make their own food energy in their leaves. If the plant does not get enough sun it can slow its growth and even kill it.



**LIVING:** Something alive that does all of the seven life processes.



**NUTRIENTS:** Substances that help plants to grow.



**PLANT:** A living thing that grows in the earth and has a stem, leaves and roots..



**SEED:** A small, hard part of a plant that a new plant grows from.



**SEEDLING:** A young plant that has been grown from a seed.