

What Comes from Plants

A Reading A-Z Level J Benchmark Book
Word Count: 355

BENCHMARK • J

What Comes from Plants

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Correlation

LEVEL J

Fountas & Pinnell	J
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A girl and her rabbit both enjoy strawberries.

We Need Plants

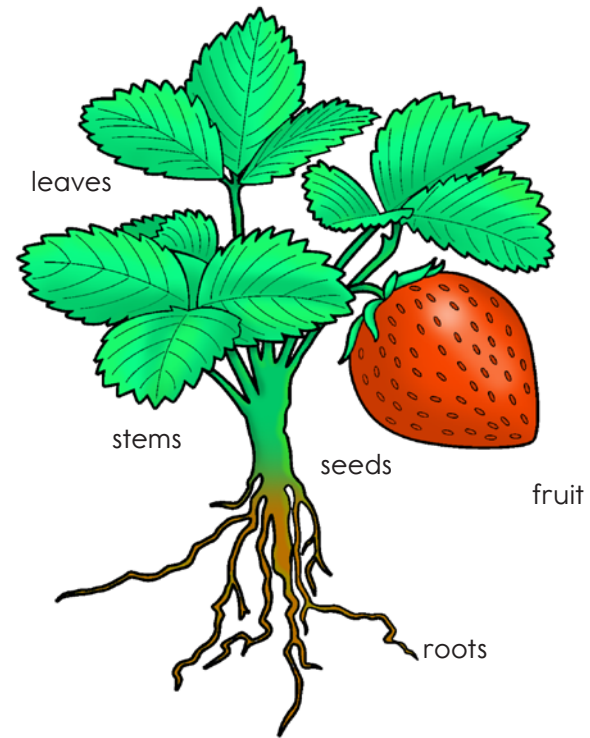
Did you know that people and animals could not live without plants? Why are plants so important?



Fruits are full of energy from the sun.

Plants Make Food

First, plants are special because they make their own food. No other living thing can do this. Plants make food using water, air, and sunlight.



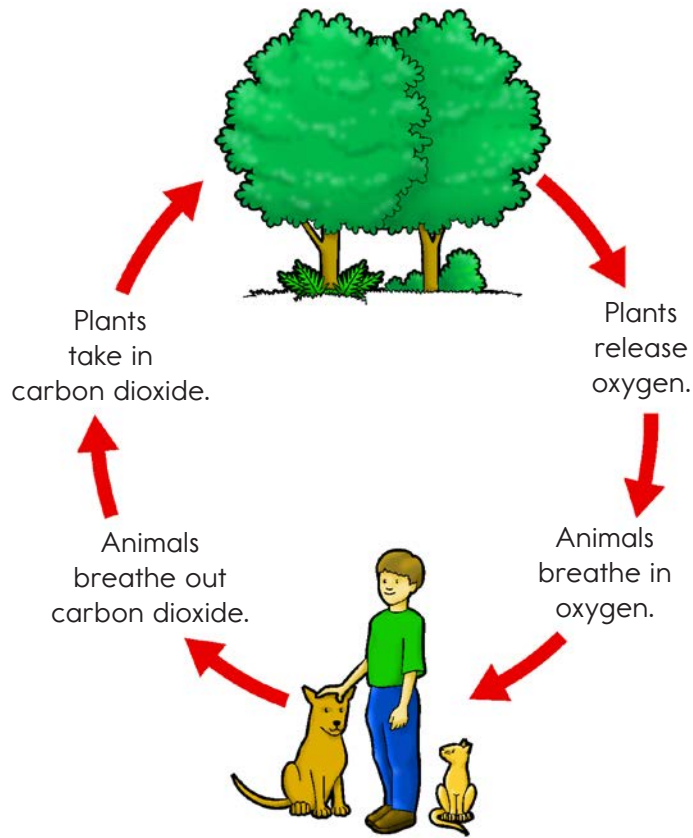
Plants store the food they make in their leaves.

They store it in their roots and stems.

They store it in their fruits and seeds.

We eat these parts of some plants to get **energy**.

So do many other animals.



Plants Make the Air We Breathe

The second reason why we can't live without plants is that they make **oxygen**.

They make oxygen when they make food.

We need oxygen to breathe.



This house is made from many different plant parts.

Building Materials

Plants give us much more than food and oxygen.

Humans and other animals use plants to make **shelters**.

Many houses are made of wood, grass, reeds, or sticks.

Even the furniture in houses often comes from plants.



Wood makes a good fuel for cooking.

Fuel

Most of the **fuel** we use comes from plants.

Many people burn wood for heat or for cooking.

Oil, coal, and gas can also be burned for heat or used to run cars. Oil, coal, and gas come from plants and animals that died long ago.



Cotton (left) and linen (right) both come from plants.

Cloth and Clothing

People weave **fibers** from cotton and others plants to make cloth and clothing.

They use **dyes** from many different plants to give the cloth color.



Some people use herbs to treat common illnesses.

Medicines

Many medicines and vitamins come from plants.

People have used plants to treat sick or injured people for thousands of years.

Many of today's medicines are copies of what can be naturally found in plants.



A woman in India makes baskets to sell at a local market.

Baskets and Rope

People weave fibers or thin strips of wood together to make baskets. They also use fibers from plants to make many kinds of rope.



A paper mill turns logs into paper.



Latex is a white milky liquid that comes from rubber trees. It can be used to make rubber.

Paper and Rubber

Most paper is made from trees.
Other kinds of paper are made from rice and bamboo.
Rubber was first made from the sap of rubber trees.



Henna from the henna bush is used to decorate hands in many countries.

Makeup, Perfumes, and Oils

Many kinds of makeup come from plants.
Perfumes come from flowers.
People use oils from plants to make shampoo and skin creams.



A garden can be a fun way to see what comes from plants.

Conclusion

Plants are important to us in many ways.

They give us food, oxygen, and many things we use every day. What would we do without all the things that come from plants?

Glossary

- dyes** (n.) substances used to change the color of something (p. 10)
- energy** (n.) the power to do work, make a change, or move objects (p. 6)
- fibers** (n.) thin strands of natural or synthetic material used to make fabric, paper, or other goods (p. 10)
- fuel** (n.) any material that is burned to release heat or produce power (p. 9)
- oxygen** (n.) a gas that has no color, taste, or smell and that most animals need to live (p. 7)
- shelters** (n.) structures or other places that give protection from bad weather or danger (p. 8)