

The many uses of plants



Human beings need and use plants in many different ways. They are used to breathe, for food, beverages (drinks), clothing and building materials.



1. To breathe- Plants, specifically trees, are a source of oxygen that humans breathe.

2. As food-We use plants every day as our food. The food we eat, such as fruits, grains, nuts, roots, leaves and vegetables come from plants.



3. As medicine-The natural components in plants are used to make many medicines.



4. For building- Human beings make their homes with wood, which comes from plants. Tables, benches, cupboards and beds are also made of wood.

5. In clothing- The clothes that we wear are sometimes made of cotton. This is because the cotton plant provides the material that we use in making clothes.