sunlight
Sunlight

Plants need light from the sun to help them make food in order to grow.
Plants make food from water and carbon dioxide in the air. This is called photosynthesis. Water is also needed to transport the food and other nutrients around the plant.
Plants get water, minerals and nutrients from the soil around them to help them grow.
nutrients
Minerals and nutrients in the soil help keep the plant strong and healthy.
air
Plants use a gas called carbon dioxide in the air to help make food in photosynthesis.