

NUTRIENTS FOR LIFE

Humans and plants need many of the same nutrients to grow big and strong. Humans need a variety of proteins, carbohydrates, minerals, and vitamins to stay healthy. Besides the primary nutrients NPK, plants need small amounts of secondary nutrients, such as calcium and sulfur, and micronutrients, like iron and zinc.

107	6	7	8	9	10
	N	O	F	Ne	
	Nitrogen	Oxygen	Fluorine	Neon	
14	15	16	17		
As	Sb	Te	Xe		
74	51	52	54		
Antimony	Bismuth	Polonium	Xenon		
121.760	115				
115					
Jup					

N **NITROGEN EQUALS STRONG PLANTS**
Nitrogen makes plants grow strong and healthy.

P **PHOSPHORUS MOVES ENERGY**
Phosphorus helps plants with photosynthesis. It stores and moves energy around the plant.

K **WATER IS POTASSIUM'S FRIEND**
Potassium helps plants control and use water efficiently.



NUTRIENTS COME FROM THE SOIL THAT HELP THE PLANT GROW AND PRODUCE FOOD



NUTRIENTS COME FROM FOOD GROWN IN THE SOIL

K **POTASSIUM HELPS THE HEART**
Humans need potassium, like plants do. Potassium helps control muscles and the rhythm of the heart.

Fe **IRON HELPS MOVE OXYGEN**
Iron helps the body make hemoglobin that moves oxygen and hemoglobin through the blood. This is similar to phosphorus moving energy around the plant.

Ca **CALCIUM EQUALS STRONG BONES**
Calcium helps humans have strong bones, like nitrogen helps plants have strong stalks.

39.0983	19	20	21	22	23
K	Ca	Sc	Ti	V	Cr
Potassium	Calcium	Scandium	Titanium	Vanadium	Chromium
85.4678	37	38	39	40	41
Rb	Sr	Y	Zr	Nb	
Rubidium	Strontium	Yttrium	Zirconium	Niobium	