



Observing how plants distribute water through their stems

QUESTION

How do plants take in water and move it through their stems to their leaves?

HYPOTHESIS

I think that _____

because _____



MATERIALS

- 3 white flowers (carnations work well)
- 3 clear cups or jars
- Water
- Food coloring (3 different colors)
- Scissors or clippers
- Paper towel
- Observation sheet (this page)

PROCEDURE

1. Fill each cup or jar with water.
2. Add a different color of food coloring to each cup and stir.
3. Cut the stems of the flowers at an angle.
4. Place one flower in each cup of colored water.
5. Put the cups in a well-lit area (not in direct sunlight).
6. Observe the flowers over the next 24–48 hours.

OBSERVATIONS

Time (date & time)	What do you notice about the stem?	What do you notice about the leaves or petals?	Draw what you see.
Start			
After 6-12 hours			
After 24 hours			
After 48 hours			

CONCLUSION

What happened? What does this tell you about how plants distribute water?

SCIENCE TIP

Plants take in water through their roots. The water travels up the stem through tiny tubes called xylem to reach the leaves and flowers.

