



Water Movement in a Plant Stem

The movement of water in celery is an example of capillary action. Capillary action is important in both plants and humans.

In **plants**, water moves up from the roots through the stem and into the branches and leaves. When water moves through the stem, it contains nutrients and minerals the plant needs to survive. The movement of water allows various areas of the plant to receive these nutrients and minerals.

In **humans**, capillary action is seen through blood vessels. Like roots in plants, blood moves through the blood vessels that contain oxygen, nutrients, carbon dioxide, and waste products. The transport of blood is how the rest of the human body receives these nutrients.

Here you will observe water moving up a plant using a stalk of celery. The water will be filled with food colouring to easily visualise the movement of water within the celery. After a few hours, the colour from the water should be seen at one end of the celery stalk.

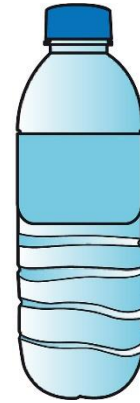
To understand how water moves in a plant stem, try out this celery experiment!

What you need:

Beaker



Water



Celery stick



Food colouring



Method:

1. Add water into a beaker.
2. Place a few drops of food colouring into the beaker of water.
3. Place a celery stick (without leaves) into the beaker.
4. Leave for 30 minutes. (The longer you leave it sitting, the better)
5. Watch the colour move up the celery stick.