

The Importance of Gardens and Plants

Gardens play an important role in our lives. They are not only beautiful places to relax, but they also provide many environmental benefits. Plants improve air quality by absorbing carbon dioxide and producing oxygen. They also help reduce noise and create a peaceful atmosphere.

In cities, green spaces are especially important because they offer people a break from busy urban life. Community gardens bring neighbors together and encourage cooperation. Growing plants can also improve mental health. Studies show that spending time in nature reduces stress and increases happiness.

There are different types of gardens, such as botanical gardens, private gardens, rooftop gardens, and public parks. Each type has a unique purpose. For example, botanical gardens are used for research and education, while rooftop gardens help reduce heat in large cities.

Taking care of plants requires knowledge and responsibility. Gardeners must understand soil quality, watering systems, sunlight needs, and seasonal changes. Sustainable gardening is becoming more popular because it protects the environment. This includes using organic fertilizers, saving water, and planting native species.

In conclusion, gardens are more than decorative spaces. They improve our physical and mental well-being and contribute to a healthier planet.

Vocabulary (მნიშვნელოვანი სიტყვები)

- environmental benefits – გარემოსდაცვითი სარგებელი
 - absorb – შთანთქმა
 - reduce – შემცირება
 - cooperation – თანამშრომლობა
 - mental health – მენტალური ჯანმრთელობა
 - sustainable – მდგრადი
 - native species – ადგილობრივი სახეობები
 - rooftop garden – სახურავის ბაღი
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Reading Comprehension Questions

◆ General Understanding

1. Why are gardens important in cities?

Gardens are important in cities because they give people a break from busy urban life, reduce noise, create a peaceful atmosphere, and improve mental health.

2. How do plants improve air quality?

plants improve air quality by absorbing carbon dioxide and producing oxygen.

3. What are two benefits of community gardens?

Community gardens bring neighbors together (encourage cooperation) and can improve mental health.

4. What is sustainable gardening?

Sustainable gardening is gardening that protects the environment, for example by using organic fertilizers, saving water, and planting native species.

5. Why are botanical gardens important?

Botanical gardens are important because they are used for research and education.

♦ True or False

1. Gardens only have decorative purposes.

false

2. Rooftop gardens help reduce heat in cities.

True

3. Spending time in nature can reduce stress

True

A Day in the Garden

Last Saturday, Anna decided to spend the whole day working in her garden. Spring had just begun, and many plants were starting to grow. In one corner of the garden, there were colorful **roses**, bright **tulips**, and small **lavender** bushes. Near the fence, Anna planted some **tomatoes, carrots, and lettuce**.

Before starting her work, she prepared her tools. She took a spade, a rake, a pair of gardening gloves, and a watering can. She also used a pruning shears to cut dry branches from the trees.

First, Anna removed the weeds from the flower beds. Then she loosened the soil with her spade and added some organic fertilizer to help the **plants** grow better. After planting new **seeds**, she carefully watered them.

Anna believes that gardening is not only a hobby but also a way to relax and reduce stress. She enjoys watching the plants grow and bloom. For her, the garden is a peaceful place full of life and fresh air.

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