

# FACTSHEET

Do you want to learn what makes a sunflower so super? Find out with these fascinating flower facts!

## WHAT'S SO SUPER ABOUT SUNFLOWERS?

Discover what makes the famous sunflower so special with these fun facts



### Their super-abilities

Sunflowers can protect us from harmful radiation by absorbing it

### Their heads

Sunflower 'heads' turn to face the sun each day, hence the name sunflower



### Their height

Larger varieties of sunflower can grow over 15 feet high!



### Their flower

Each sunflower blossom is made up of thousands of tiny flowers



## PARTS OF A SUNFLOWER

Let's learn about the unique ways that the parts of a sunflower can be used...



### Seeds

Sunflower seeds make a healthy snack. Each flower can have up to 2,000 seeds!

### Petals

The petals of the sunflower can be used as a colourful, natural dye

### Heads

Once the flower heads are dry, they can be converted into scrubbing pads

### Stems

The leaves and stems of sunflowers are a yummy snack for farm animals

