Photosynthesis: How do plants help us to breathe?

What is happening inside the plant? Energy from the sunlight turns carbon dioxide and water into sugar and oxygen. The plant uses the sugar to grow, and releases the oxygen as a waste product. People and animals need oxygen to breathe.

Source: https://www.edenproject.com/learn/for-everyone/photosynthesis-diagram-for-kids-how-plants-help-us-to-survive