Aa Bb Cc Dd Ee Ff Gq Hh Ii-Ji-Kk-L Mm Nn Oo Pp Qq Rr Ss Tt Uu Vv Ww Xx $Y \vee Z z$

Rewrite this sentence between lines.

Light from the sun helps plants to grow underwater. Sunlight can go down through water to about 100 meters. In the water near beaches, there are many plants and animals.