

YOU ARE ALWAYS EATING SUGAR CANE !

IS THAT ALL YOU EAT ?

I LIKE SUGAR CANE WHAT IS THE PROBLEM

TO STAY HEALTHY AND GROW STRONG, YOU MUST EAT MANY DIFFERENT TYPES OF FOOD.

SHE IS RIGHT ! IT IS TIME HE LEARNED ABOUT **GOOD FOOD AND YOU.**

NO ONE FOOD GIVES YOU ALL THE NUTRIENTS THAT YOUR BODY NEEDS. YOUR BODY NEEDS A VARIETY OF FOODS WHICH SUPPLY CARBOHYDRATES, VITAMINS, MINERALS, FAT AND PROTEIN.

VITAMINS AND MINERALS HELP YOUR BODY OPERATE PROPERLY. THEY HELP YOUR BODY FIGHT DISEASE.

MANY VEGETABLES AND FRUITS HAVE A LOT OF VITAMINS AND MINERALS.

DISEASE !

TO GROW BIG AND STRONG, YOU NEED PROTEIN ! FOODS WITH PROTEIN HELP BUILD STRONG BONES AND MUSCLES.

NUTS HAVE A LOT OF PROTEIN, SO DOES MEAT, FISH, BEANS AND MANY VEGETABLES.

PROTEIN ? THEY WON'T CATCH ME.

YOUR BODY GETS ENERGY FROM CARBOHYDRATES. CARBOHYDRATES ARE THE FUEL YOUR BODY NEEDS TO WORK AND PLAY.

THESE FOODS ARE GOOD FUEL FOR YOUR BODY.

GOOD FOOD THEN AND NOW

YEARS AGO, PEOPLE LEARNED TO GATHER AND EAT FOODS FROM TREES AND FORESTS.

THEY DISCOVERED WHICH FOODS THEY COULD AND COULD NOT EAT.

YUCK!
THIS IS TERRIBLE!

AFTER THOUSANDS OF YEARS OF EXPERIMENTING, PEOPLE LEARNED TO RELY ON MANY FOREST FOODS TO GIVE THEM THE NUTRIENTS THEY NEEDED.

PLEASE PASS THE WILD TURKEY.

THANKS FOR THE PASSION FRUIT.



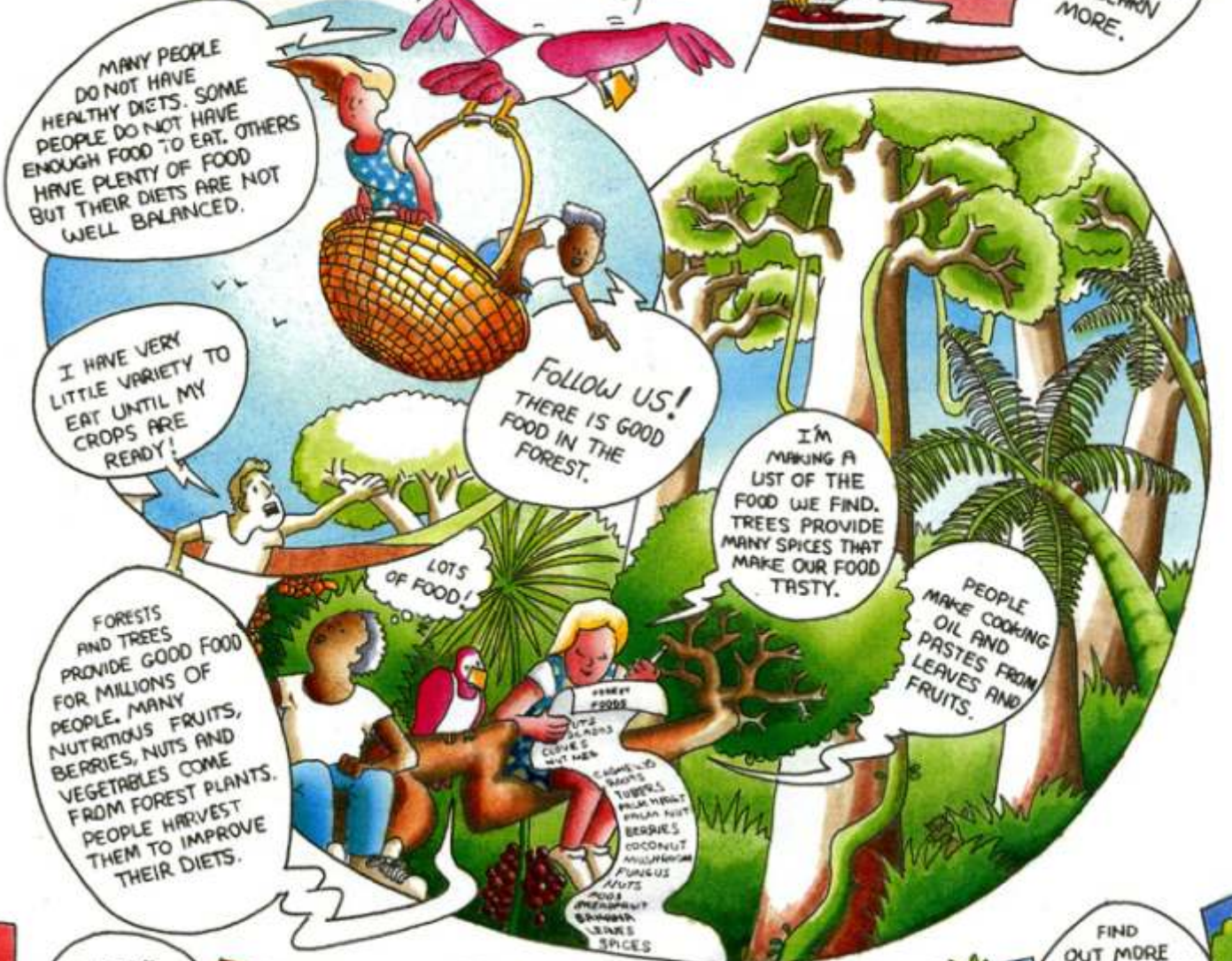
FAT IS IMPORTANT TOO. YOUR BODY NEEDS FAT TO HELP IT ABSORB AND USE VITAMINS. YOU CAN GET FAT FROM MEAT, VEGETABLES AND LEGUMES.

SOME FRUITS AND NUTS HAVE FAT TOO. FAT FROM VEGETABLES IS BETTER FOR YOU THAN ANIMAL FAT.

TO GROW AND BE HEALTHY, I MUST EAT FOODS THAT GIVE ME ENOUGH PROTEIN, CARBOHYDRATES, FAT, VITAMINS AND MINERALS?

CORRECT! THEN YOU WILL HAVE A BALANCED DIET. FOODS FROM FORESTS AND TREES CAN HELP US BALANCE OUR DIETS ALL YEAR LONG.

LET'S GO TO THE FOREST TO LEARN MORE.



MANY PEOPLE DO NOT HAVE HEALTHY DIETS. SOME PEOPLE DO NOT HAVE ENOUGH FOOD TO EAT. OTHERS HAVE PLENTY OF FOOD BUT THEIR DIETS ARE NOT WELL BALANCED.

I HAVE VERY LITTLE VARIETY TO EAT UNTIL MY CROPS ARE READY!

FOLLOW US! THERE IS GOOD FOOD IN THE FOREST.

I'M MAKING A LIST OF THE FOOD WE FIND. TREES PROVIDE MANY SPICES THAT MAKE OUR FOOD TASTY.

PEOPLE MAKE COOKING OIL AND PASTES FROM LEAVES AND FRUITS.

FORESTS AND TREES PROVIDE GOOD FOOD FOR MILLIONS OF PEOPLE. MANY NUTRITIOUS FRUITS, BERRIES, NUTS AND VEGETABLES COME FROM FOREST PLANTS. PEOPLE HARVEST THEM TO IMPROVE THEIR DIETS.

LOTS OF FOOD!

- BANANA
- APPLE
- ORANGE
- LEMON
- COCONUT
- PEACH
- PLUM
- PEAR
- CHERRY
- STRAWBERRY
- BERRY
- NUT
- ALMOND
- WALNUT
- PISTACHIO
- MACADAMIA
- AVOCADO
- OLIVE
- LEAFY GREENS
- ROOTS
- SPICES



WHEN I WAS YOUNG, WE ATE A LARGE VARIETY OF FOODS FROM TREES, FOREST PLANTS AND ANIMALS.

BUT TODAY MANY PEOPLE HAVE FORGOTTEN HOW FOREST FOODS CAN PROVIDE NUTRIENTS THAT THEY MAY NOT GET ELSEWHERE



I WISH I KNEW MORE ABOUT FOREST FOOD.

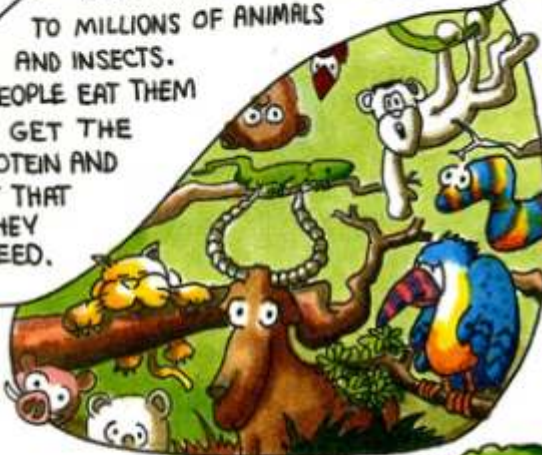
MY FAMILY STILL EATS A LARGE VARIETY OF FOREST FOODS. WE GROW MANY OF THEM ON OUR LAND.



FIND OUT MORE ABOUT FOREST FOODS THAT ARE TRADITIONAL IN YOUR AREA.



FORESTS AND TREES ARE HOME TO MILLIONS OF ANIMALS AND INSECTS. PEOPLE EAT THEM TO GET THE PROTEIN AND FAT THAT THEY NEED.



PEOPLE HAVE LEARNED HOW TO PLANT AND GROW FOREST PLANTS LIKE THESE PALM TREES.



THESE TREES WILL GIVE US GOOD FOOD FOR YEARS TO COME.

TREES HELP PEOPLE GROW CROPS AND RAISE ANIMALS. THEY ADD NUTRIENTS TO THE SOIL. THEY PROTECT THE SOIL AND CROPS FROM BAD WEATHER. THEY EVEN SUPPLY FERTILIZER. WE CAN MANAGE TREES SO THEY GROW WELL AND PROVIDE US WITH THE PRODUCTS WE NEED.



TO IMPROVE MY DIET, THE FARMER FEEDS ME FODDER MADE FROM LEAVES AND FRUITS. IT IS VERY NUTRITIOUS.

TREES ALSO GIVE ME SHADE TO KEEP ME COOL.

SO, FORESTS AND TREES REALLY DO HELP US HAVE BALANCED, HEALTHY DIETS?

HE IS LEARNING.

YES, THEY SUPPLY IMPORTANT FOOD ALL YEAR LONG. FOLLOW ME AND LEARN HOW FORESTS AND TREES HELP MILLIONS OF PEOPLE STAY STRONG AND HEALTHY. I MUST BE GOING. I AM OFF TO SEE MY FRIEND HELENA IN EUROPE.



I WILL ASK MY TEACHER FOR MORE INFORMATION ABOUT FORESTS, TREES AND NUTRITION. WOULD YOU LIKE SOME SUGAR CANE FOR YOUR TRIP?

FOOD FOR Growing

FORESTS AND TREES CAN HELP SUPPLY FOOD FOR SPECIAL DIETS.

I USED TO DRINK BREAST MILK. IT GAVE ME THE PROTEIN, VITAMINS AND FAT THAT I NEEDED TO GROW AND BE HEALTHY. I'M TOO OLD FOR BREAST MILK NOW.

THE FOODS THAT I GIVE HIM CONTAIN PLENTY OF FAT AND CARBOHYDRATES

I STILL NEED HIGH ENERGY FOODS!

I AM A GROWING BOY. FOOD LIKE THIS BANANA GIVES ME THE ENERGY THAT I NEED, TO LIVE AND PLAY!



I FLEW ALL NIGHT AND MY WINGS ARE REALLY TIRED. I'M IN EUROPE NOW AND THIS IS MY FRIEND HELENA!

LET ME TELL YOU HOW ONE OF MY RELATIVES WAS SAVED BY CITRUS FRUITS A LONG TIME AGO.

HE WAS A SHIP CAPTAIN. WHEN TRAVELING TO FAR OFF LANDS, HE AND HIS CREW BECAME VERY SICK!



I FEEL JUST AWFUL!

ME TOO!

WHY ARE WE SO SICK?

THEY WERE SUFFERING FROM NUTRITIONAL DEFICIENCY. IT WAS DISCOVERED THAT THEY WERE SICK BECAUSE THEY DID NOT HAVE ENOUGH VITAMIN C IN THEIR DIET. THEY HAD A DISEASE CALLED SCURVY!

THEY BROUGHT A LOT OF FRUIT ON ALL THEIR NEW ADVENTURES. THEY GATHERED FRUITS AND VEGETABLES AT STOPS ALONG THE WAY. THEY FELT A LOT BETTER.



ALL WE EAT IS FISH AND GRUEL!

MAYBE WE NEED MORE VARIETY IN OUR DIETS. HOW ABOUT FRUIT?



HOW ARE YOU?

SUPER!

GREAT! I LOVE SAILING!

TODAY, FRUIT TREES LIKE THESE PROVIDE ALL THE VITAMIN C THAT WE NEED. FOREST FOODS ADD VARIETY TO OUR DIETS.

WE EVEN BUY FRUIT AND VEGETABLES THAT DON'T GROW IN OUR AREA. WE EAT A GOOD VARIETY OF MEAT, VEGETABLES, LEGUMES, FRUIT, FISH AND GRAINS.



THERE ARE MANY TYPES OF NUTRITIONAL DEFICIENCIES. THEY AFFECT PEOPLE ON EVERY CONTINENT. AND MANY PEOPLE DIE FROM THEM EACH YEAR. EATING A VARIETY OF VITAMINS AND MINERALS PROTECTS US AGAINST DEFICIENCIES AND DISEASE.

REMEMBER, FOOD FROM TREES AND FORESTS CAN HELP SUPPLY THE NUTRIENTS WE NEED! WHERE DO YOU GET YOUR VITAMINS? FOLLOW ME TO AFRICA!



CHILDREN NEED TO EAT MORE OFTEN THAN ADULTS

I AM GROWING TOO! TO GET ENERGY, I SNACK ON NUTS AND OTHER FATTY FOODS.

CHILDREN GET SICK EASILY AND THEY MUST BE PROTECTED FROM DISEASE.

WE GET VITAMINS WE NEED FROM FRUIT AND VEGETABLES.

MY MOTHER COOKS OUR FOOD WELL AND KEEPS OUR WATER CLEAN. NO GERMS ARE GOING TO GET ME!

PREGNANT WOMEN AND OLD PEOPLE NEED SPECIAL DIETS TOO. FIND OUT MORE ABOUT FOOD FOR HEALTH AND GROWING.

