

FOLLOW ME WHILE I VISIT MY FRIEND MUSA IN AFRICA TO LEARN HOW TREES AND FORESTS PROVIDE

GOOD FOOD FOR BAD TIMES.



THIS IS MY GRANDFATHER. HE KNOWS EVERYTHING ABOUT OUR VILLAGE AND ITS HISTORY.



GOOD MORNING EARTHBIRD. FOR HUNDREDS OF YEARS, PEOPLE IN OUR AREA HAVE RELIED ON FOREST PRODUCTS FOR FOOD, FUEL AND SHELTER. FORESTS PROVIDE THE FOOD WE NEED TO GROW STRONG AND STAY HEALTHY IN THE GOOD TIMES AND THE BAD.

HE LEARNED ABOUT TREES AND FORESTS FROM HIS GRANDFATHER. NOW, HE IS TEACHING ME.

OUR HOUSES ARE BUILT WITH FOREST MATERIALS. WE USE FOREST PRODUCTS TO MAKE FURNITURE, COOK OUR FOOD AND HEAT OUR HOMES. I TAUGHT MUSA HOW MEDICINES ARE MADE FROM FOREST PLANTS. THE MOST IMPORTANT LESSON THAT MUSA CAN LEARN IS HOW FORESTS AND TREES HELP PROVIDE GOOD NUTRITION.

WE KNOW THAT IT IS IMPORTANT TO HAVE A HEALTHY, BALANCED DIET. WE MUST EAT A GOOD VARIETY OF FOODS. WE GET A GOOD VARIETY OF FOOD FROM FORESTS AND TREES. FORESTS GIVE US RESOURCES ALL YEAR LONG.



WHEN OUR CROPS ARE OUT OF SEASON OR WE HAVE A POOR HARVEST, TREES AND FORESTS HELP PROVIDE FOOD THAT WE NEED.

THE FOREST SAVED US MANY TIMES. IN YEARS OF DROUGHT, THE FOREST PROVIDED FRUITS, NUTS, VEGETABLES, OILS AND MEAT. FODDER MADE FROM LEAVES, FRUITS AND BRANCHES GIVES OUR ANIMALS FOOD.

MANY TIMES WE RELIED ON FOREST PRODUCTS WHEN WE HAD LITTLE MONEY TO BUY FOOD AND OTHER NECESSITIES.



OH, THANK YOU TREES!

DON'T WORRY! WE CAN RAISE MONEY BY HARVESTING AND SELLING HONEY, SPICES AND FUELWOOD



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OKAY

VITAMIN A IS A VERY IMPORTANT PART OF YOUR DIET!



IF WE DON'T GET ENOUGH VITAMIN A, OUR EYES BECOME WEAK AND WE HAVE TROUBLE SEEING WHEN IT IS DARK

OUR EYES CAN EVEN BE PERMANENTLY DAMAGED IF THERE IS TOO LITTLE VITAMIN A IN OUR DIETS! WE COULD EVEN DIE!

WHAT CAN WE DO?



TODAY, LIFE IS VERY EXPENSIVE. FAMILIES MUST BE ABLE TO AFFORD EDUCATION AND TAXES. TREES CAN HELP.



FORESTS AND TREES PROVIDE FOOD THAT PEOPLE CANNOT AFFORD TO BUY AT THE MARKET. MANY FAMILIES EARN MONEY FROM HARVESTING AND SELLING FOREST PRODUCTS.

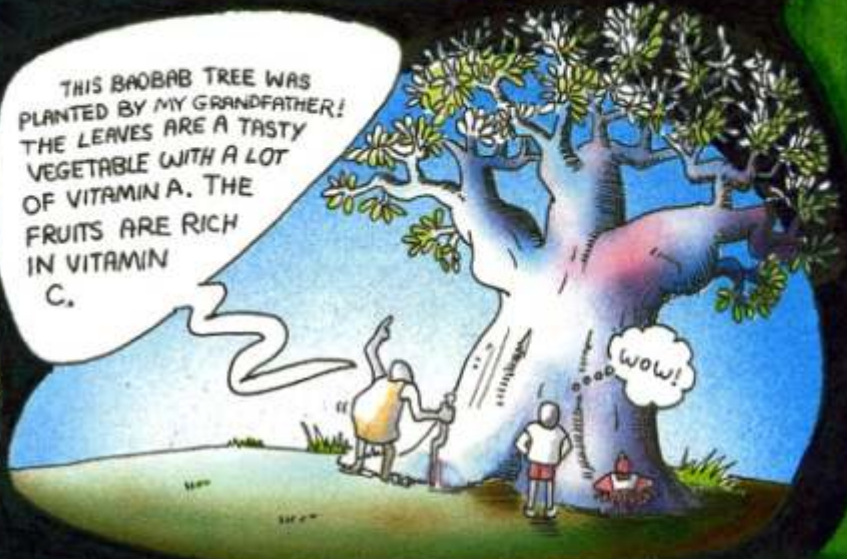
TREES CAN BE GROWN NEAR HOMES, ALONG ROADS, WITH CROPS AND ON POOR LAND. WE TAKE CARE FOR OUR TREES AND FORESTS. THEY CAN PROVIDE US WITH RESOURCES WITHOUT CLEARING LAND FOR FARMING.



THESE TREES ARE REPLACING NUTRIENTS IN THE SOIL SO IT WILL BE BETTER FOR GROWING FOOD IN THE FUTURE.



THIS BAOBAB TREE WAS PLANTED BY MY GRANDFATHER! THE LEAVES ARE A TASTY VEGETABLE WITH A LOT OF VITAMIN A. THE FRUITS ARE RICH IN VITAMIN C.



BANANAS AND PLANTAINS GIVE ME ENERGY AND NUTRIENTS. WE EAT THEM RAW AND COOKED. WE MAKE THEM INTO FLOUR AND WE DRY THEM FOR LATER USE.



WE HAVE A DIVERSE, NUTRITIOUS DIET ALL YEAR.

IT IS IMPORTANT TO PASS KNOWLEDGE OF TREES ON TO OUR CHILDREN.

ARE THERE TIMES WHEN YOUR FAVORITE FOODS ARE NOT AVAILABLE? DO YOU RELY ON FOOD FROM FORESTS AND TREES? HOW DO TREES HELP YOU MAINTAIN A NUTRITIOUS DIET THROUGHOUT THE YEAR? I AM GOING TO ASIA. COME ALONG.



WE CAN GET VITAMIN A FROM TREES AND FORESTS!



FRUITS LIKE MANGO AND PADAYA CONTAIN CAROTENE WHICH HELPS YOUR BODY MAKE VITAMIN A.



MEAT FROM MANY FOREST ANIMALS HAS VITAMIN A TOO. WHERE DO YOU GET YOUR VITAMIN A?

