

I AM IN AFRICA NOW. THAT IS MY FRIEND SARA AND HER LITTLE BROTHER. SARA'S FAMILY GROWS AND GATHERS MOST OF THE FOOD THEY NEED. SARA IS SHOPPING FOR FOODS TO ADD TO HER FAMILY'S DIET. SHE KNOWS THAT A HEALTHY DIET REQUIRES A VARIETY OF FOODS. FOOD THAT HELPS THE BODY TO GROW, FOOD FOR ENERGY AND FOOD FOR PROTECTION AGAINST DISEASE. MANY GOOD FOODS COME FROM FORESTS.

LET'S FOLLOW SARA AND LEARN MORE ABOUT

# INCREDIBLE EDIBLE FORESTS

MARKET

LITTLE BROTHER YOU ARE GETTING HEAVY! SOON YOU WILL BE BIGGER THAN ME OH, LOOK AT ALL THE GOOD FOOD!

HAVE I TOLD YOU THAT MANY IMPORTANT FOODS COME FROM TREES AND FROM FORESTS? FOREST FOODS LIKE THESE, GIVE US THE VITAMINS AND MINERALS WE NEED TO BE HEALTHY.

MANY OF THESE VEGETABLES COME FROM FORESTS AND FROM TREES. THEY PROVIDE IMPORTANT VITAMINS AND MINERALS THAT WE NEED TO BE HEALTHY, FOR BALANCED DIETS AND TO PREVENT DISEASES.

GOOD FOOD!

SPICES, COOKING OILS, GUMS AND RESINS ARE FOREST PRODUCTS. THEY ARE USED TO PREPARE FOOD. THEY MAKE FOOD TASTE GREAT!

HONEY!

CLEAN WATER IS AN IMPORTANT PART OF GOOD NUTRITION AND GOOD HEALTH

YOUR BODY NEEDS GOOD, CLEAN WATER TO FUNCTION PROPERLY.

TREES HELP PROTECT RIVER BANKS AND LAKE SHORES AGAINST EROSION. THIS RIVER WON'T FILL WITH SOIL!

THIS RIVER FLOWS FROM FORESTS HIGH ON THE MOUNTAINS.

HERE ARE FOODS THAT HELP US TO GROW. THESE FOODS HAVE A LOT OF PROTEINS WHICH HELP BUILD MUSCLES AND STRONG BONES. THE FOODS HERE ARE FOREST PRODUCTS.

IN MANY CULTURES, WILD ANIMALS AND INSECTS ARE AN IMPORTANT PART OF PEOPLE'S DIETS. THEY SUPPLY NEEDED PROTEIN, FAT AND OTHER NUTRIENTS.



FORESTS AND TREES SUPPLY PRODUCTS THAT HELP US TO GROW CROPS AND RAISE ANIMALS. TREES PROTECT OUR CROPS FROM TOO MUCH WIND SUN AND RAIN TREES PROVIDE FODDER THAT WE ADD TO THE DIETS OF OUR SHEEP COWS AND GOATS.



SARA'S FAMILY RELIES ON TREES FOR FUELWOOD. THEY USE THE FUELWOOD TO COOK NUTRITIOUS MEALS, AND PURIFY THEIR WATER. FORESTS PROVIDE IMPORTANT PRODUCTS ALL YEAR LONG. PEOPLE MAY RELY ON FOREST PRODUCTS WHEN THEIR CROPS ARE OUT OF SEASON OR THERE IS A POOR HARVEST. WHAT FOREST PRODUCTS ARE PART OF YOUR DIET? WHAT DO THEY DO FOR YOU?



WATER IS NEEDED TO KEEP US HEALTHY. WE USE FIREWOOD TO BOIL THE WATER AND KILL GERMS.



CHARCOAL FROM TREES IS USED IN WATER FILTERS TO MAKE WATER SAFE!



WE PROTECT OUR WATER SOURCE WE KEEP IT CLEAN.



WE PLANT TREES NEAR IT TO PROTECT AGAINST EROSION.