

FOREST'S FOOD AND FUEL

WE HAVE LEARNED HOW FORESTS AND TREES PROVIDE GOOD FOOD. NOW I AM VISITING ASIA. LET'S FOLLOW MY FRIEND SUNI AND DISCOVER HOW TREES HELP PEOPLE PREPARE NUTRITIOUS MEALS, FIGHT DISEASES AND KEEP THEIR BODIES HEALTHY.

FORESTS AND TREES HELP MAKE FOOD NUTRITIOUS AND TASTY.

TREES! TASTY? WHAT DO YOU MEAN?

MANY MEATS, VEGETABLES, FRUITS AND NUTS MUST BE SPECIALLY PREPARED BEFORE WE CAN EAT THEM. SOME FOODS ARE EVEN DANGEROUS UNLESS THEY ARE PREPARED PROPERLY!



PEOPLE AROUND THE WORLD RELY ON FOREST PRODUCTS WHEN THEY PREPARE THEIR MEALS. MILLIONS OF FAMILIES USE WOOD TO COOK THEIR MEALS. COOKING MAKES FOOD TASTY, NUTRITIOUS, AND HEALTHY TO EAT.

COOKING MAKES FOOD TENDER AND EASY TO DIGEST. FOOD CAN CONTAIN DEADLY PARASITES, VIRUSES AND BACTERIA! PROPER COOKING CAN HELP DESTROY THEM AND MAKE THE FOOD HEALTHY TO EAT.

HARD NUT.

OUCH! I THINK I WILL COOK THIS NUT.

HELLO! ARE THERE ANY GERMS IN THERE?

I HOPE NOT.

WE USE FOREST PRODUCTS TO MAKE OUR WATER HEALTHY TO DRINK. BOILING HELPS KILL BACTERIA AND PARASITES THAT MAY HARM US. WE USE CHARCOAL TO MAKE WATER FILTERS. SEEDS AND LEAVES FROM SOME TREES CONTAIN CHEMICALS THAT CAN PURIFY WATER.



SOME FOODS LIKE THESE BEANS WILL MAKE US SICK IF THEY ARE NOT COOKED PROPERLY! I AM GLAD THAT WE HAVE WOOD TO COOK WITH.

TO STAY HEALTHY, WE NEED CLEAN WATER! WE ARE CAREFUL NOT TO POLLUTE OUR WATER SOURCE AND WE KEEP OUR WATER CONTAINERS CLEAN. TREES ALSO CONTROL EROSION AND KEEP SOIL OUT OF OUR WATER.

FORESTS, FUEL, FOOD AND THE FUTURE

WHAT WOULD YOU DO IF YOU DIDN'T HAVE ENOUGH FUEL TO COOK YOUR MEALS?

WHAT DO I DO WITH A RAW TUBER?



MORE THAN HALF THE WORLD'S PEOPLE NEED WOOD FOR COOKING NUTRITIOUS MEALS BUT MANY AREAS ARE RUNNING OUT OF FUEL!

HOW WILL WE COOK AND BOIL WATER?



MANY PEOPLE ARE BECOMING SICK.

IF I ONLY HAD SOME FUEL WOOD.



I AM MAKING OIL FROM PALM FRUITS. I ALSO COOK TREE SAP TO MAKE SUGAR AND SYRUP.

WOODFUEL IS USED TO MAKE MANY SPECIAL THINGS TO EAT AND DRINK LIKE OILS, PALM WINE, CURED MEAT AND PASTES.

MEDICINES MADE FROM FOREST PLANTS HELP CURE MANY ILLNESSES. MEDICINE MADE FROM LEAVES, SEEDS AND ROOTS CAN CURE DISEASES THAT AFFECT NUTRITION.

SHE HAD TERRIBLE DIARRHEA. MEDICINE FROM PALM ROOTS KILLED THE BACTERIA AND MADE HER STOMACH FEEL BETTER. SHE IS HUNGRY AGAIN!



FORESTS AND TREES SUPPLY US WITH THE MATERIALS WE NEED TO STORE FOOD PROPERLY. THIS STORAGE BUILDING WAS BUILT WITH FOREST PRODUCTS. IT KEEPS FOOD DRY AND SAFE FROM ANIMALS THAT MIGHT EAT IT. PUSH!

THANKS TO FORESTS AND TREES, WE HAVE A GOOD SUPPLY OF NUTRITIOUS FOOD AND CLEAN WATER ALL YEAR LONG.

THESE NEEM TREE LEAVES CONTAIN A NATURAL PESTICIDE. THEY ARE USED TO KEEP HARMFUL INSECTS AWAY FROM FOOD.



ARE FOREST PRODUCTS USED TO MAKE THE FOODS YOU EAT MORE NUTRITIOUS AND HEALTHY? COME WITH ME TO LEARN MORE! LET'S GO VISIT MY FRIEND JUAN IN SOUTH AMERICA.

TO HELP SOLVE THE PROBLEM, PEOPLE ARE DESIGNING IMPROVED STOVES.

IT USES LESS FUEL!

WE ARE LEARNING TO USE TREES MORE EFFICIENTLY.

THESE LIMBS WILL GROW BACK.

I COVER MY POTS TO COOK EFFICIENTLY AND CONSERVE FUEL-WOOD. I ONLY USE DRY WOOD.

NOW WE'RE COOKING!

I AM PLANTING NEW TREES.

WE ARE INVENTING NEW FUELS.

SOLAR POWER.

PEOPLE NEED TREES FOR GOOD HEALTH AND NUTRITION. DISCOVER MORE ABOUT FOOD AND FUEL SOURCES IN YOUR AREA.