

MY STUDENTS LEARNED ABOUT FOREST FOODS WHEN THEY COMPLETED THE SURVEY FROM THE "TEACHERS PAGES" OF YOUR MAGAZINE. THEY WANTED TO LEARN MORE ABOUT FOREST FOODS SO WE STARTED THIS

## Class Project.

COME, SEE WHAT MY STUDENTS HAVE DONE.

WE RESEARCHED FOREST FOODS TO FIND OUT WHERE THEY ARE FOUND, HOW THEY ARE HARVESTED AND HOW THEY ARE PROPERLY PREPARED.

GOOD IDEA!

SCHOOL

CLASS COOKING

USING OUR SURVEY AND OUR RESEARCH, WE MADE A FOREST FOOD CHART.

WE GRADED EVERY FOOD ON OUR LIST. WE JUDGED THEM BY THEIR NUTRITIONAL VALUE ...

THEIR AVAILABILITY, YEAR ROUND ...

AND HOW EASY THEY ARE TO HARVEST ...

FROM THE CHARTS, WE CHOSE FOODS FOR OUR BALANCED CLASS DIET!

FOOD TYPE	VALUE	SEASON	HARVEST	TASTE
FRUIT	FIBRE	ALL YEAR	EASY	GOOD
ANKELOPE	PROTEIN FAT	ALL YEAR	HARD	FAIR
BANANA	VITAMINS CARBO-HYDRATES	ALL YEAR	VERY EASY	GOOD
MANGO FRUITS	VITAMINS	PART OF THE YEAR	EASY	GOOD
ROOTS	FAT CARBOHYDRATES	ALL YEAR	MEDIUM DIG.	OKAY

AND HOW THEY TASTE!

TOGETHER WITH OUR TEACHER, WE DESIGNED A HEALTHY DIET USING FOREST FOODS AND OTHER FOOD FROM OUR AREA.

WE WANTED OUR DIET TO BE BALANCED AND PRACTICAL.

OUR DIET PLAN

AND TASTY!

RESEARCHED CLASS DIET

- AVOCADO
- INSECTS
- NUTS
- MANGO JUICE
- BANANA
- BUSH PIG
- FOWL
- ROOTS
- MUSHROOMS
- PALM HEART



WE INCLUDED A WIDE VARIETY OF FOODS.

WHEN OUR CROPS ARE OUT OF SEASON, WE WILL DEPEND ON THESE FOREST FOODS.

MOST OF THE FOODS ARE EASY TO HARVEST.

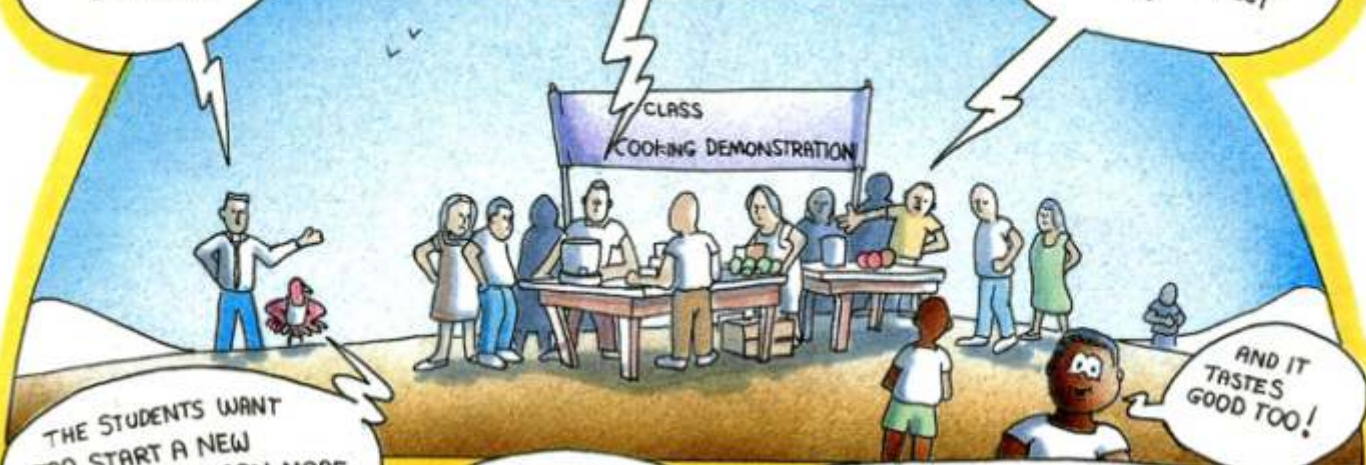
AND THEY TASTE GREAT!



THE STUDENTS WANT TO SHOW OTHERS WHAT THEY HAVE LEARNED.

WE ARE HAVING THIS COOKING DEMONSTRATION TO SHOW HOW EASY IT IS TO PREPARE HEALTHY MEALS.

THIS MEAL IS EASY TO MAKE AND IT INCLUDES MANY IMPORTANT FOREST FOODS.



THE STUDENTS WANT TOO START A NEW PROJECT TO LEARN MORE ABOUT FOREST FOODS.

WE SHOULD START A TREE NURSERY TO LEARN ABOUT GROWING TREES.

I AM COMPOSING A SCHOOL SONG ABOUT MY FAVORITE FOREST FOODS... ♪ FOREST FOODS ARE SO GOOD FOR ME... THEY TASTE GREAT AND THEY COME FROM TREES! I LOVE TO EAT THEM ALL YEAR LONG, THEY HELP ME GROW BIG AND STRONG!

AND IT TASTES GOOD TOO!


WHAT DO YOU THINK?

HOW ABOUT BEE-KEEPING AS A CLASS PROJECT? HONEY IS A GOOD FOREST FOOD!

CLASS PROJECTS ARE EDUCATIONAL AND FUN. TRY ONE WITH YOUR CLASS.







I AM EARTHBIRD AND THIS AN  
ACAI TREE. IT IS A  
**Super-EarthPlant!**  
ACAI TREES PROVIDE MANY USEFUL  
PRODUCTS AND FOOD FOR MILLIONS  
OF PEOPLE.

ACAI TREES  
ARE ALSO  
CALLED  
EUTERPE  
OLERACEA!

THE FRUITS AND  
PALM HEARTS ARE GOOD  
TO EAT. WE USE THE  
FRUIT TO MAKE A GOOD  
BEVERAGE. I DRINK  
IT EVERY DAY. SOME  
PEOPLE USE THE FRUIT  
TO MAKE CAKES  
AND ICE CREAM.

PEOPLE DEPEND  
ON US FOR FOOD.  
THEY FEED US PALM  
HEARTS, FRUITS AND  
LEAVES FROM ACAI TREES  
TO KEEP US STRONG AND  
HEALTHY. I WILL TELL  
THE HENS TO LAY MORE  
EGGS FOR  
BREAKFAST.

THAT MEANS  
I COULD BE  
DINNER!

THE ACAI  
TREE HELPS US  
GROW MORE FOOD.  
THE LEAVES AND FRUITS  
MAKE GOOD FERTILIZER.  
I USE LEAVES TO  
PROTECT MY CROPS  
FROM BAD  
WEATHER.

I MAKE  
MEDICINE FROM  
THE LEAVES  
AND ROOTS TO  
CURE DIGESTION  
PROBLEMS  
AND KILL  
HARMFUL  
PARASITES.

WE EARN  
MONEY FROM ACAI  
TREES. I AM OFF  
TO MARKET TO SELL  
PRODUCTS FROM OUR  
TREES. THE MONEY  
THAT WE EARN  
MAKES OUR  
LIVES HEALTHIER  
AND  
HAPPIER.

THERE  
ARE MANY  
SUPER EARTH  
PLANTS LIKE  
THE ACAI.  
DISCOVER ONE  
IN YOUR  
AREA.

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