



Rain Forest Roots

Objectives:

- Discover the rain forest in your kitchen!
- Learn about various edible tree products and create an EcoKids Rain Forest Cookbook!

Something to Think About...

Life is like a spider's web. And this web of life is made up of millions of different kinds of plants and animals and the interactions between them, and all of the different habitats that they live in. All species, including us humans, from the tiniest of micro-organisms and insects, to the tallest trees and the biggest whales, all depend on a healthy natural world for survival. For both people and wildlife, the web of life is extremely important. It provides the air we breathe, the water we drink and the food we eat.

Think for a moment about all the different foods we eat - all of the fruits and vegetables, wheat, rice and other crops, coffees and teas, chocolate, yummm...

Did You Know... that many of the foods that are common in our North American households originated from rain forests? Avocado, banana, black pepper, Brazil nuts, cashews, chocolate/cocoa, coffee, cola, ginger, jalapeno, lemon, orange, peanut, pineapple, potato, tomato and vanilla all came to us first from the rain forest!

So forests, trees and plants -- in addition to giving us shade and fresh air (and medicines too!) -- give us great things to eat! ...

The Great Rain Forest Bake-off!

EcoKids – get ready to have some fun in the kitchen!

What You Do

As individuals or in pairs, EcoKids

1. Research food products that have rain forest roots.
2. Choose a product.
3. Find a recipe with that product as an ingredient.
4. Prepare the delicacy & share it with the rest of your club.
5. Type up all the recipes, including an interesting fact about each of the rain forest products.
6. Compile all the recipes into a cookbook, which can be sold at a fundraiser in addition to all of the delicious rain forest goodies!

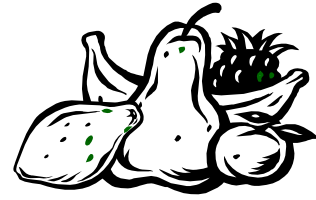
Interesting Factoid

Brazil nuts cannot be grown in a plantation. They can only be gathered wild from rain forests where they're found.

We'd love to hear about your recipes. If you'd like to share them with us and other EcoKids across the country, e-mail 'em to us at ecokids@earthday.ca. We'll either post some of the best on our web site or print them up in our spring newsletter.

Happy baking!





Rain Forest Roots (contd.)

On a hot summer day (or really any time of the year!), be sure to try this tasty recipe* made up mostly of ingredients from trees! Can you guess which products below come from North American trees and which ones have rain forest roots?

Frosty, Fruity Tree Freeze

What You Need

- 500 mL (2 cups) any fresh (or frozen) fruit (from peach, banana, cherry, apple, coconut trees)
- 500 mL (2 cups) vanilla yogurt
- 75 mL (1/4 cup) orange juice (from an orange tree)
- 5 mL (1 tbsp) maple syrup (from a maple tree)
- 75 mL (1/4 cup) chopped walnuts (from a walnut tree)

What You Do

1. Chop up the fruit & mix it with the yogurt, orange juice & maple syrup.
2. Pour it into a container that you can seal & put into the freezer.
3. Let it sit for at least 6 hours. (No peeking!)
4. When it's hard enough to scoop, put some in a bowl or cone & sprinkle with walnuts or another kind of nut (unless you are allergic, of course!)
5. Enjoy!

When you're done cooking up a storm, why not visit Ecokids Online to play the Tooty Fruity matching game at: http://www.ecokids.ca/pub/fun_n_games/games/memorey/index.cfm.

Or conduct an Internet search if you're interested in experimenting with a few of the hundreds of delicious tropical fruit recipes!

(*Adapted from Curious Minds, Fall 1998 © Union Gas Limited 1998)

