

TREE



TABLE

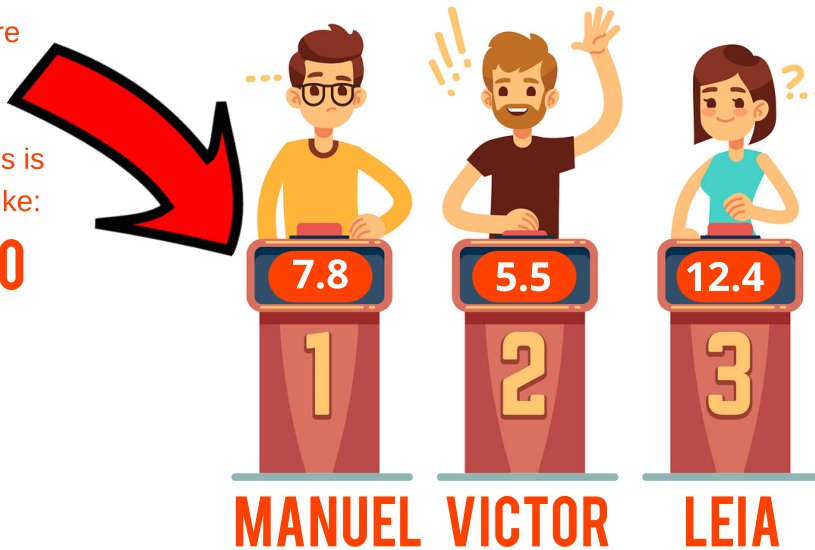
POST-LESSON
MATERIAL

In the lesson, you learned about some delicious herbs and spices that grow on trees. But did you know that trees need our protection and care?

Every year, the number of humans on Earth grows, and just like you, they all need places to live and food to eat. This sometimes means that trees get cut down so that humans have more space to build on and grow food on to feed ourselves. Can you guess which of the three game show contestants below has written the correct amount of people that live on our planet today, in 2020? **Circle the name of the contestant who you think is correct.**

All of these numbers are in the **BILLIONS**. That means they have nine zeros behind them. This is what one billion looks like:

1,000,000,000



DID YOU KNOW?

Although there are a lot of people in the world, there are also a lot of trees. Three **TRILLION** trees actually! A trillion is a *thousand* times larger than a billion. That's a lot of trees!

Just as it is very important to take care of all of these people, it is very important to take care of all of our trees. **Unscramble the words in the sentences below to learn about three amazing benefits that trees provide.**

1 TREES HELP US **FRESH AIR**

Unscramble → HERATED

2 TREE ROOTS HELP STABILIZE LOOSE

Unscramble → NGODRU

3 TREES PROVIDE **FOR ANIMALS**

Unscramble → SHEMO

Unscramble the three letters in the red boxes to complete the following sentence. When trees die, their wood will decay and , providing food for fungi and improving the quality of the soil. Dead trees help too!

BE A SUPERHERO FOR TREES!



Even though it seems like there are a lot of trees on Earth, they are being cut down and harmed by some of our other bad behaviors. Earth needs your help! Your mission? Pick a superhero below. Each one of these heroes performs a specific action to help protect and care for trees. Your challenge for the next two weeks is to perform the action of your superhero every day. Who will you choose? You can pick any gender.



EAGLE EYE

She does her part to save the planet by picking up trash outside!



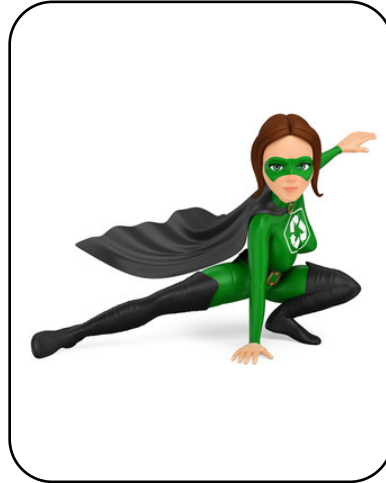
BOLT

She's always running to turn off unused lights and prevent energy waste!



SPLASH

She's a lean, green, tree planting machine. She plants and waters trees!



BIN BUSTER

She's down to earth and always ready to recycle as much as she can!



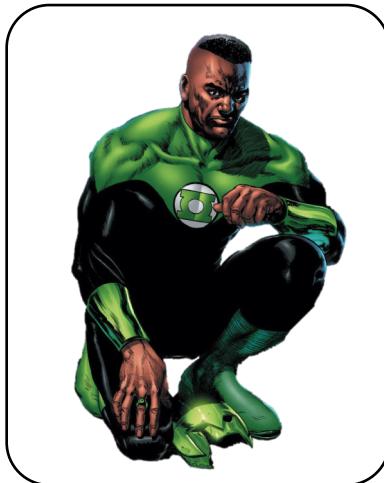
COACH

He's here to offer a hand, sharing what he knows with family & friends!



GRAZE

He's strong, full of energy, and fueled by plant power. He doesn't eat meat!



HOME HERO

He uses his strength to help his community. He shops locally, not online!



THRIFT

His goal is to reduce waste. He creates less trash by reusing things!

Which superhero did you choose?:

SUPERHERO BOOT CAMP

Before you can assume your superhero duties, you need training.
Complete the boot camp tasks below to earn your superhero badge.



1

YOUR HABITS

What is your lifestyle like? Each person's actions have an impact on the Earth. This is called an **ecological footprint**. To find out yours, click the green button below and answer the questions. When you've finished, you'll be told your personal Earth Overshoot Day (the date when we would run out of resources if everyone on Earth lived like you), as well as how many Earths we would need to support humanity. Record your numbers below.

What is your
ECOLOGICAL FOOTPRINT?

► Your Earth Overshoot Day: _____

► If everyone lived like you, we would need: _____ Earths

2

YOUR HISTORY

Are you surprised by your numbers? If you're like most people, you got a number higher than 1 for how many Earths we would need to support humanity if everyone lived like you. The good news is that **every person can make a positive change!**

A few hundred years ago, there were groups of Indigenous Peoples (original inhabitants of a place) who lived - and continue to live - in the Bay Area. They would have gotten a 1 on their ecological footprint quiz because they did such a good job of managing their resources, without ever using too much. Although the Bay Area has changed a lot since then, the descendants of these people still live here and still do a great job of living sustainably. They are called the **Ramaytush Ohlone Tribe** and the **Muwekma Ohlone**, and if we want to get a 1 on our ecological footprint quiz, we should look to them to teach us how.



That's a lot of ways
to use just one tree! By
using all parts of the tree,
less material is wasted.



Insect
repellent



Savory
drink



Food
spicing



Wood for
cooking



Nutritious
nut meal

Let's look at one example. Do you remember the bay leaves from the lesson? They come from the California bay laurel. This tree is **native** to California, meaning that it has been here for a very long time and it is adapted to this area. The Indigenous Peoples had many uses for this tree:

Can you guess which tree parts (leaves, bark, roots, fruit) were used for each of the five items above?

SUPERHERO BOOT CAMP



2

YOUR HISTORY (Continued)

In the lesson, you learned specifically about parts of trees that are used as herbs and spices, but you can see from the list of varied uses of the California bay laurel that a single tree can be used for many different purposes. Do you remember the difference between an herb and a spice? Choose the correct option to finish the sentence below.

The dried leaves of the California bay laurel are used as a/n _____ .
(herb / spice)

Look below to learn what parts of the California bay laurel tree were used for each of the following products. Some people continue to keep these old traditions alive, and still use the tree parts in some of these ways. Compare the answers to your guesses from the previous page. How many did you get right?



Insect repellent



Food spicing



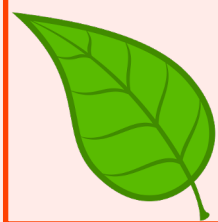
Wood for cooking



Savory drink



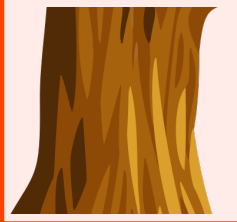
Nutritious nut meal



LEAVES

The leaves were hung in acorn granaries (where acorns were stored before they were milled into flour and eaten) to keep insects away.

They also were - and still are - added to food, usually to soups and sauces.



BARK

The bark, and entire branches, were burned as firewood.

Can you remember an example of a spice from the lesson that comes from bark?



ROOTS

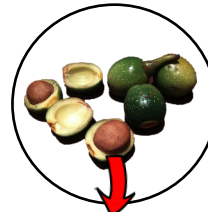
The roots of the CA bay laurel were not used.

Can you remember the example of a spice from the lesson that comes from tree roots?



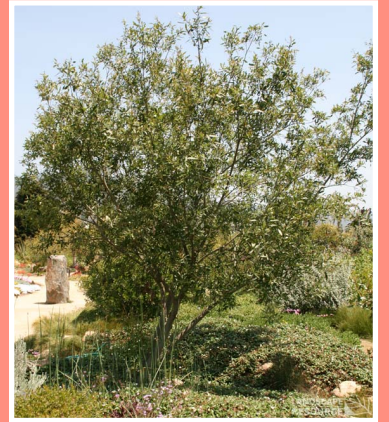
FRUIT*

Actually, it is the seed inside of the fruit that is used to make drinks and nut meal. The drink has a stimulating effect, like coffee!



Seed inside of fruit

BONUS: Willow Tree



While the branches of California bay laurels were burned for firewood, the more flexible branches of willow trees were stripped of their bark and bent into frames for homes.



Ohlone house replica

Inside willow frame



SUPERHERO BOOT CAMP



3

YOUR
HERO

Superheroes have to be strong. It's not easy changing your habits. The last step of boot camp is to **find *your* hero** who inspires you to be a better person. During your two week superhero challenge, when you feel yourself slipping back into old habits or wanting to give up, remind yourself of your inspiration to help you stay strong! You can either click the green button below and search the map for a hero, or find someone else online or in person who inspires you. Share below what it is that you admire about the person who you chose.

Who did you choose? Describe what your hero does to help the planet and why that inspires you:

Who is your
INSPIRATION?

4

YOUR
HOUR!

Now it's your time to shine! You have earned your superhero badge. Congratulations! Make a superhero card for yourself based on the superhero you chose earlier, and track how often you do the behavior associated with him/her. The goal is to be as consistent as possible for two weeks. Are you up for the challenge?

Week 1

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Week 2

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Check in: How did you do? Forming new habits takes some time, so be patient with yourself if you didn't do it perfectly every day. Try to see if you can keep up your new habit for a full month! And remember, **you are never too small to make a positive difference.** Your actions count!

SUPERHERO NAME: