

Title: Which things that we use come from trees?

1. What will this activity be useful for?

- In this activity we will learn that many of the things that we use in life come from trees.
- We should consider that we could plant our own trees for having many resources for our family and for selling fruits or wood.
- There are many precious woods that we could plant in our secondary growth plots, so our children can profit on them in the future.

2. Materials that we will use

- Samples of things that come from trees: Cinnamon, fire starter wood, incense, paper, medicinal woods, chewing gum.
- Pictures of the process of gum.
- Samples of precious woods.

3. How are we going to work on the activity?

- First we will explain to everybody what this activity will be useful for.
- We ask each one to take a thing out of a bag and we ask if it comes from a tree or not.
- For each thing we will explain its uses. We will use pictures to explain about how gum is processed.
- With the samples of precious woods we will explain which grow on the lowlands and highlands, and how much time they need to grow before they can be harvested.

4. What are we going to say about each thing?

Here it says what we can explain about each thing:

• **Cinnamon**

Cinnamon comes from the bark of young branches of a tree, but it needs to be fermented for human use. This tree grows up to 15 meters height. It is not native to our country, but it can grow here.

Cinnamon is useful for giving a better taste to our hot drinks. It is also good in an infusion with orange peel for healing coughing. The water of the cinnamon bark is good for stomach aches and diarrhea.

Since cinnamon is too strong, it should not be given to children under 2 years. It is neither good for people that suffer from ulcer.

<ul style="list-style-type: none"> • Incense = Pom Copal incense is the resin of a tree. It is used for burning it when we pray to God, which is why it is so important.
<ul style="list-style-type: none"> • Cacao We use the seeds of the cacao fruit, a tree that was already in Guatemala when our ancestors were here. We drink it on special days. From cacao seeds the chocolate that is sold on stores is made, but this kind was invented by the Swiss people. It is told that our ancestors drank cacao with chili and used it as a sacred drink on special occasions.
<ul style="list-style-type: none"> • Fire started wood - "Ocote" Ocote comes from the ocote pine trunk. It is used for starting the fire easily for preparing our meals.
<ul style="list-style-type: none"> • Paper Paper comes from the trunks of different trees. Any kind of paper comes from a tree. Paper is useful for making our identifications and the newspaper were we read the news.
<ul style="list-style-type: none"> • Healing wood - "Llora sangre" Comes from the trunk of a tree and it is used as medicine for the blood. It is called like "Cries Blood" because when it is poured in water, this turns red like blood. It is sold in the market and there they tell you what it can be used for and how it is drank.
<ul style="list-style-type: none"> • Football Rubber is the latex of the bark of the rubber tree. Rubber is used for making balls and gloves that are used by surgeons in hospitals.
<ul style="list-style-type: none"> • Chewing gum Real gum comes from the latex of a tree called gum tree or chicozapote. These trees are harvested in El Petén, and gum is sold to China and the United States. <i>How is gum processed?</i> People that work with gum are called "chicleros". They harvest the latex between July and February during rainy season, when it is easier to harvest. After harvesting the latex it is boiled for a long time and then poured into wood boxes to give it a squared shape. These are the ones to be exported. <i>Could it be that our ancestors used the gum many years ago?</i> Yes, it is told that they chew it but raw, without cooking.