



# Trees

## Part 1

**Teacher Reads** Trees are an important natural resource. A natural resource is something found in nature that can be used by people.

A boy eats an apple. Where did that apple come from?

11 It grew on a tree. The fact that people can get food from  
24 some trees is one of the **benefits** of these plants. Some other  
36 foods that people get from trees include peaches, lemons,  
45 and limes. Cashews and pine nuts grow on trees. When  
55 people cook, they may use spices that come from trees.  
65 Cinnamon comes from the bark of trees. Nutmeg is a spice  
76 made from the seed of a tree, while cloves are the flower  
88 buds of some trees.

92 Besides food, there are many other benefits people get  
101 from trees. Trees provide shade and can help keep things  
111 cool. Trees can also help clean the **air**. Trees trap harmful  
122 things from the air through their leaves and bark. Trees also  
133 produce **oxygen** that people need to breathe.

## Part 2

**Teacher Reads** Keep reading to find out about more ways that trees are beneficial, useful, to people.

140 Trees can help provide clean water. During rainstorms,  
148 trees collect rainwater. As the rain passes through trees, the  
158 trees soak up harmful things in the rainwater. This leads to  
169 less **pollution** in the water as it runs into streams, rivers,  
180 and lakes.



## Part 2 continued

182        Trees protect the land. Their roots hold the soil in place  
193        during storms so the soil cannot wash away. Some people  
203        plant trees in rows as fences to slow down or block strong  
215        winds. Trees also become habitats for animals. Animals  
223        and birds get shade, shelter, and food from trees.

232        People use the timber from trees for construction.  
240        They use trees to make wood products, such as boats, toys,  
251        pencils, paper, books, notebooks, and newspapers. People  
258        also use wood for heat and for cooking.

## Part 3

**Teacher Reads** Trees are so important to people that there is a holiday dedicated to these plants.

266        So many good things come from trees that it is not  
277        surprising how much people like these plants. In the U.S.,  
287        there is a holiday to celebrate trees called Arbor Day.  
297        People celebrate Arbor Day by planting trees.

304        The Arbor Day Foundation supports a program called  
312        Tree City USA. This program helps people take care of  
322        the public trees in their towns and cities. It leads people to  
334        plant more public trees along streets and along footpaths  
343        in parks.

345        So when you eat an apple or write with a pencil in a  
358        notebook, you can thank a tree. We should not overlook  
368        trees. We get so many benefits from trees that life would  
379        not be the same without them. [Learn More](#)

385