



Joli Hannah & Amelia Herbertson

NATURE

Why We Need to Care for Our Planet



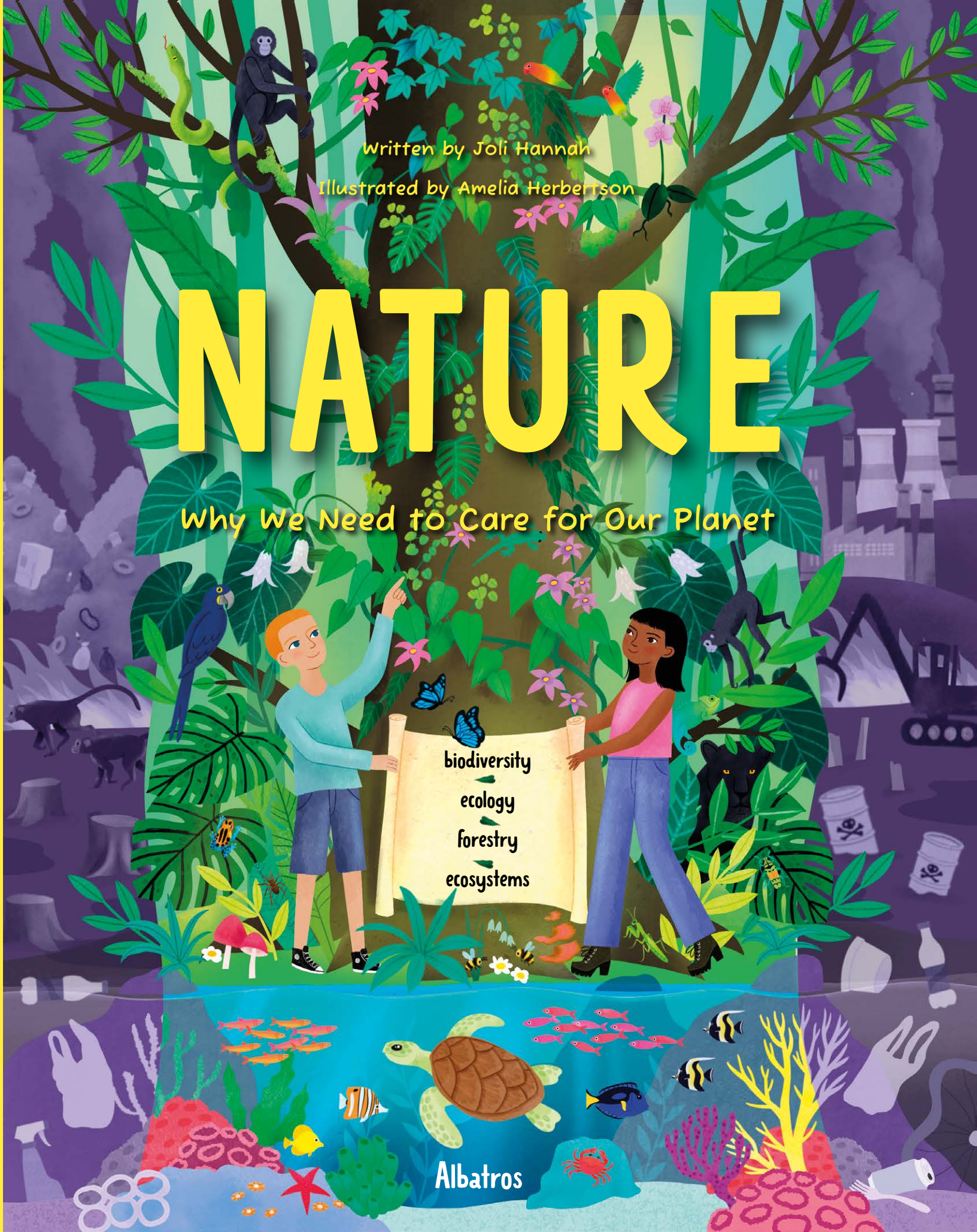
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# NATURE

Why We Need to Care for Our Planet

biodiversity  
ecology  
forestry  
ecosystems

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# Why We Need to Care for Our Planet

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# OUR LIFESTYLE

It's important to remember that we are not the only ones living on this planet. It might feel like we are, but we are not. It might seem like social media, shopping centers, or fast food can fulfill our every need, but it can't. We might think all our groceries come from the supermarket and the supermarket alone, but before that, it comes from nature.



Everybody needs to eat and drink. Everybody needs sunshine, fresh air, and clean water.

This is who we are. To get what we need, we have to give something back. If we want to enjoy the gifts of nature, we have to help keep it green.



## CONNECTIONS

We use cars and phones, but even without them, we would still survive. Air, water, nutrients, and society are all things we truly can't live without.

To get the most out of life, we need to live healthily – breathing clean air, drinking clean water, and eating quality foods. To be truly healthy, we also need to have people around us.

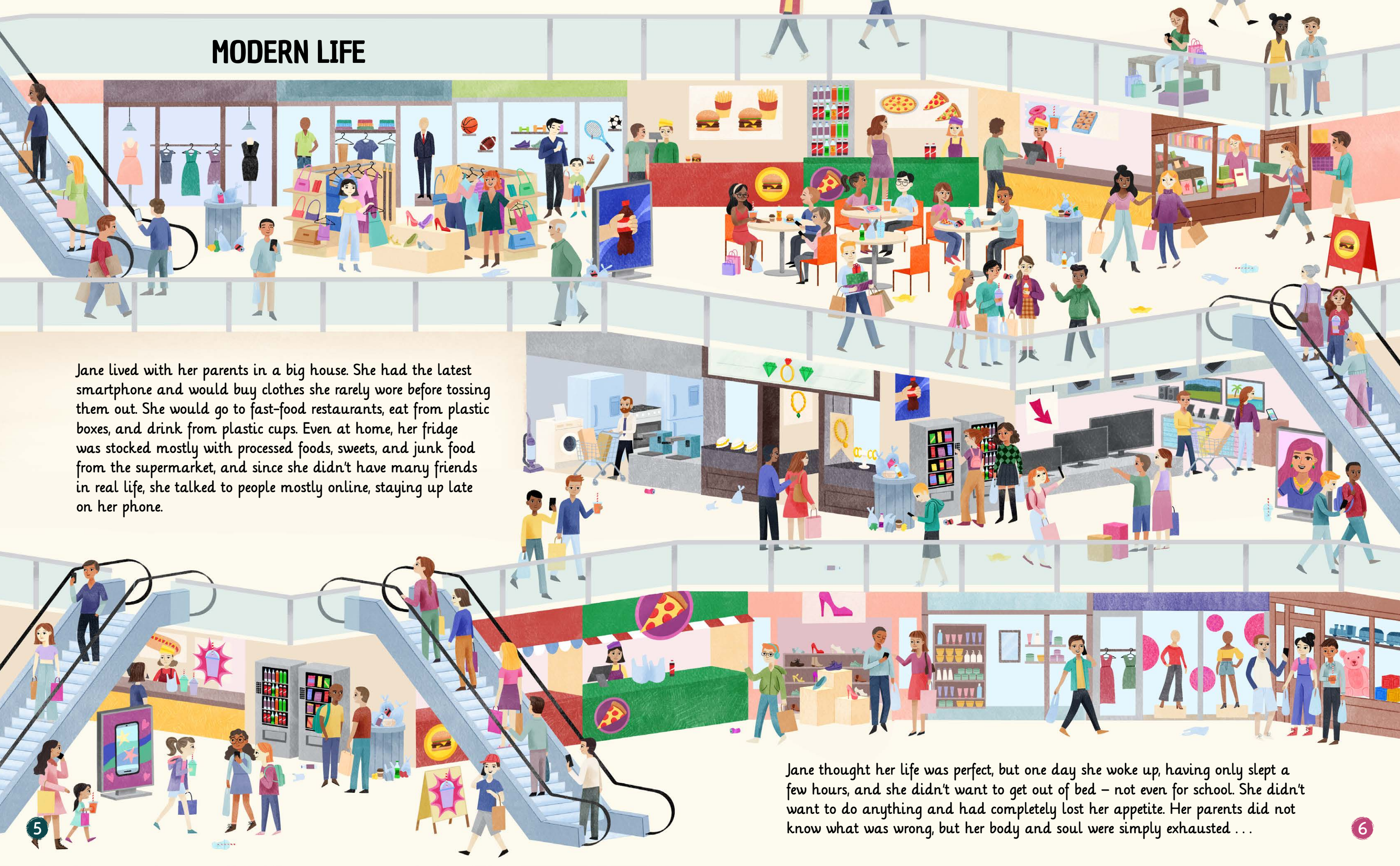
Everything in nature is interconnected. We are connected to the planet, and what we give to it comes back to us.



Because humans and nature are interconnected, we must remember that how we treat nature is how nature will treat us.



# MODERN LIFE



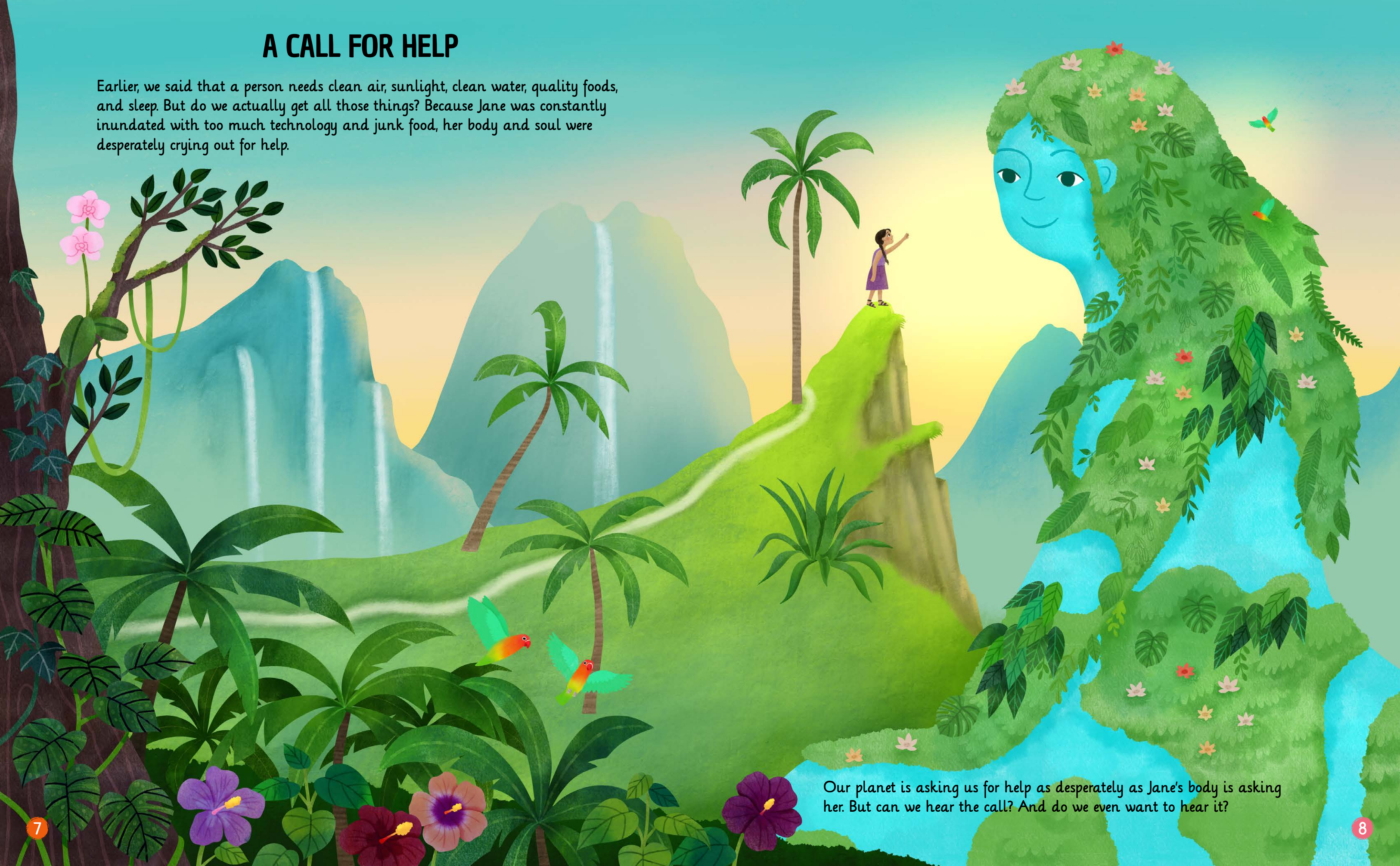
Jane lived with her parents in a big house. She had the latest smartphone and would buy clothes she rarely wore before tossing them out. She would go to fast-food restaurants, eat from plastic boxes, and drink from plastic cups. Even at home, her fridge was stocked mostly with processed foods, sweets, and junk food from the supermarket, and since she didn't have many friends in real life, she talked to people mostly online, staying up late on her phone.

Jane thought her life was perfect, but one day she woke up, having only slept a few hours, and she didn't want to get out of bed – not even for school. She didn't want to do anything and had completely lost her appetite. Her parents did not know what was wrong, but her body and soul were simply exhausted . . .



## A CALL FOR HELP

Earlier, we said that a person needs clean air, sunlight, clean water, quality foods, and sleep. But do we actually get all those things? Because Jane was constantly inundated with too much technology and junk food, her body and soul were desperately crying out for help.



Our planet is asking us for help as desperately as Jane's body is asking her. But can we hear the call? And do we even want to hear it?



# LAND CONSERVATION

When more and more people live on Earth, we use more of its resources. We build bigger cities, grow more crops, and keep more animals for food. All of this takes up space that used to belong to nature. But we need to remember that this land is precious, and we should be careful not to harm it too much by creating too much trash or pollution.



There's a humble older man named Sir David Attenborough who's been making nature documentaries for a whopping 70 years! He's kind of like a superhero for nature. In his Netflix show, *A Life on Our Planet*, he talks about how he's terribly worried about the Earth because people are doing things that keep hurting nature. But he also shares his hope that things can get better in the future.

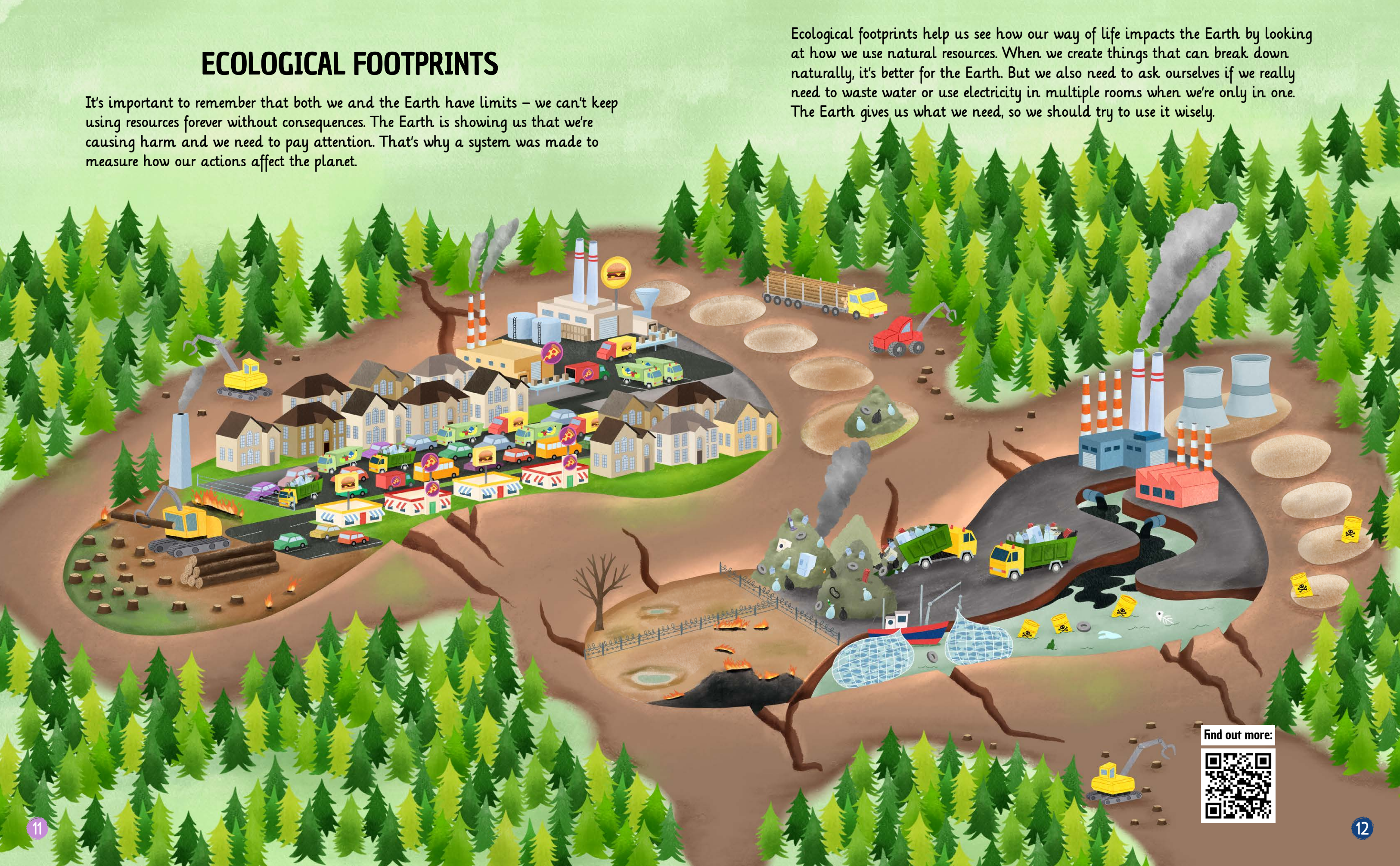
When we use too much of something, it can hurt the plants and animals that live around us. This is called overconsumption, and one of its big problems is that it can make some species disappear forever.



# ECOLOGICAL FOOTPRINTS

It's important to remember that both we and the Earth have limits – we can't keep using resources forever without consequences. The Earth is showing us that we're causing harm and we need to pay attention. That's why a system was made to measure how our actions affect the planet.

Ecological footprints help us see how our way of life impacts the Earth by looking at how we use natural resources. When we create things that can break down naturally, it's better for the Earth. But we also need to ask ourselves if we really need to waste water or use electricity in multiple rooms when we're only in one. The Earth gives us what we need, so we should try to use it wisely.



Find out more:





# THE RAINFOREST

Some of the most amazing things in the world happen in faraway rainforests. It's a place with lots of exotic animals, plants, and trees. Even if we don't live near the rainforest, it still helps us in many ways.

The Amazon is by far the largest rainforest on Earth. The humidity there can reach 100%. The different types of plants are incredible and there is no other place on Earth like it.

The rainforest is nicknamed "the lungs of the planet" not for its high oxygen production, but for its ability to absorb and store carbon dioxide – acting like an air purifier for the entire world.

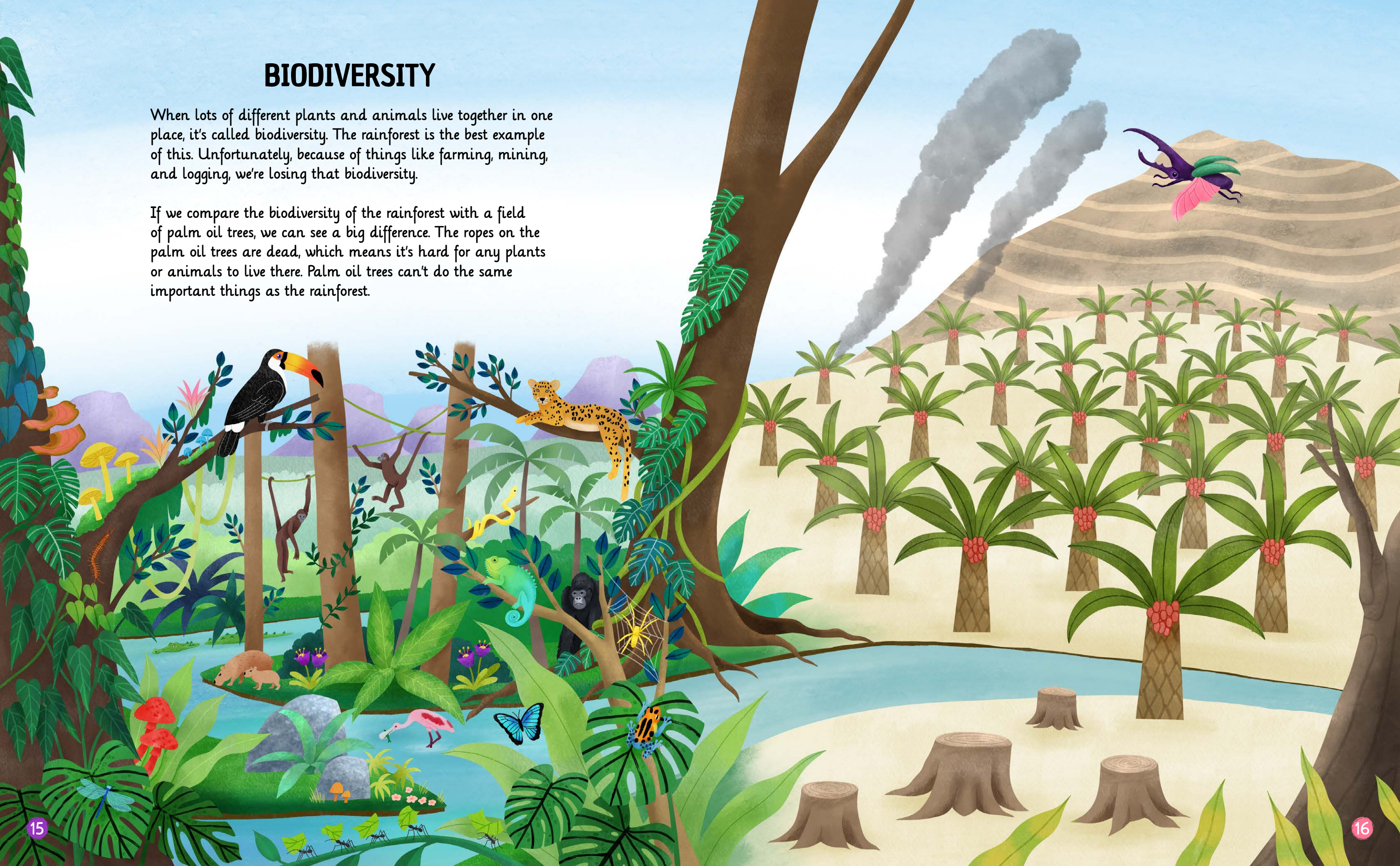




# BIODIVERSITY

When lots of different plants and animals live together in one place, it's called biodiversity. The rainforest is the best example of this. Unfortunately, because of things like farming, mining, and logging, we're losing that biodiversity.

If we compare the biodiversity of the rainforest with a field of palm oil trees, we can see a big difference. The ropes on the palm oil trees are dead, which means it's hard for any plants or animals to live there. Palm oil trees can't do the same important things as the rainforest.





## DEFORESTATION

Destroying the rainforest through artificial planting, raising livestock, and building settlements has cost us so much over the past 100 years – we've lost valuable plants and trees, and 50% of animal wildlife. Wild animals now make up only 4% of the earth's mammals.

By cutting down rainforests and their ability to process carbon, greenhouse gases will increase in the atmosphere, leading to more global warming.

Unfortunately, we humans play the biggest role in the destruction of the rainforest.





# FARMING

Nature kindly provides for us, but we don't understand the harm we're doing to it by destroying its biodiversity. Wildlife can reproduce naturally, but that's not the case for human systems like farms, fields, and plantations.

The Earth has given us reliable growing conditions for a long time, and we have taken advantage of this. For thousands of years, we humans have been cultivating the land, growing crops, and raising livestock.

It's sad to say, but people weren't happy with what nature gave us. Instead, we became greedy and have been using more and more land to grow food.







# Why We Need to Care for Our Planet

Parents are highly recommended to watch, and discuss with their children, the films of Sylvia Earle and David Attenborough, plus the Netflix documentary *Seaspiracy*, all of which served as the foundation for this book.

We would also like to thank all natural scientists, authors, and people who care about this topic and are working to live in harmony with nature. If you're reading this book, you're one of them!

\*In researching this book, we found that expert opinions weren't all the same. Keep in mind that this isn't a scientific publication, but rather a book that encourages readers to think critically about the info presented within its pages.

The stories and characters are all fictional.

**We strongly encourage you to visit these websites:**

<https://planetbasedmeals.com>  
[www.footprintcalculator.org](http://www.footprintcalculator.org)

**The following websites also helped inform this book:**

[www.footprintnetwork.org/our-work/ecological-footprint](http://www.footprintnetwork.org/our-work/ecological-footprint)  
<http://populace.population.city/world>  
[www.greenmatters.com/p/how-overfishing-affects-biodiversity](http://www.greenmatters.com/p/how-overfishing-affects-biodiversity)  
<https://ourworldindata.org/biodiversity-and-wildlife>

© Albatros,  
an imprint of Albatros Media Group, 2023  
5. května 1746/22, Prague 4, Czech Republic  
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Printed in China by Leo Paper Group.

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# Why We Need to Care for Our Planet

Packed with important information and exciting illustrations, *Nature* takes readers on a beautiful and inspiring ecological journey. From the greenest of forests to the bluest of oceans, kids will learn all about timely and important topics such as biodiversity, deforestation, and our ecological footprints. By posing questions and encouraging children to search for answers themselves, this unique and engaging book will inspire them to become active participants in the fight to help protect our planet.

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ISBN 978-80-00-07007-0



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\$16.95

Printed in China by Leo Paper Group  
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