# Forest

A forest is a large area covered chiefly with trees and undergrowth. Forests are vital for maintaining the ecological balance of the planet. They act as the lungs of the Earth, absorbing carbon dioxide and releasing oxygen.

## Types of Forests

1. Tropical Rainforests – Found near the equator, these forests have high rainfall and biodiversity.  
2. Temperate Forests – Located in temperate zones, they experience distinct seasons.  
3. Boreal Forests (Taiga) – Found in cold regions, dominated by coniferous trees.

## Importance of Forests

Forests play a crucial role in:  
- Regulating the climate  
- Preventing soil erosion  
- Supporting wildlife habitats  
- Providing resources like timber, medicine, and food  
- Maintaining the water cycle

## Deforestation and Conservation

Deforestation—the large-scale removal of forest cover—has severe environmental impacts, including loss of biodiversity, climate change, and soil degradation. Conservation efforts such as afforestation, sustainable logging, and the establishment of protected areas are essential to preserve forest ecosystems for future generations.