



Lesson 3 Project – how knowing about food affects healthy eating

As a result of all your hard work you now know a lot more about feeding small pets. We know that small pets that are fed a healthy diet live longer, have fewer diseases and generally live a much happier life.

What we would like to find out is how learning about food changes how people feed their pets. Today we would like you to look at this list and let us know what foods you have given your pet in the past and whether you will continue to give them in the future.

How knowing more about food affects healthy eating		
Pet's name		
Species (rabbit, guinea pig, hamster etc)		
Pet's age		
Male or female pet?		
Name of Pet Scientist to add to the certificate		
Food	Put a tick in this column if you have fed this food to your pet previously or a cross if you have not fed it before.	Put a tick in this column if you will feed this food in the future. Put a cross here if think you will stop feeding this food or give less of it in the future.
Hay		
Cabbage		
Cheese		
Carrots		
Dried herbs		
Milk		
Chocolate		
Oranges		
Eggs		
Toast		



Apple		
Sweet potato		
Strawberries		
Nuggets or mix suitable for the type of pet		

Questions for discussion with friends and family

How do you think this information will help vets and pet scientists?

- A- It will help them provide information on websites, leaflets and posters. Foods that are commonly given and that should not be, can be identified from your data so we know what people don't know!

Did the list give you some ideas about foods your pet might enjoy that are also healthy?

Do you think your pet is feels happier when they are fed a healthy diet? Why might that be?

- A- An unhealthy pet could be experiencing pain due to tooth problems or tummy upsets or might lack the energy they need to enjoy life.

Has completing this lesson encouraged you to eat healthier food too?