

Lesson 5 Healthy Diet



Curriculum Links	Strand	Strand Unit
Science	Living Things	Plant & Animal Life
English	Oral Language	Developing cognitive abilities through language
SPHE	 Myself Myself & the Wider World 	 Growing & Changing; Making Decisions Developing Citizenship
Learn Together (Educate Together Schools)	Moral & Spiritual Equality & Justice	 Exploring Moral Development Cultivating Spiritual Growth Activating Equality & Justice through positive Action

Content objectives:

- Children understand the responsibilities involved in owning a pet.
- Children understand how they can have an active role in promoting Promise 4 among their own friends and family.

Resources:

- Movie "Inspector Paws", which can be found attached.
- Teacher Support Material on Inspector
- Recipes for dog treats

Poem: Promise 4 - Food and water

I promise to give my dog a healthy diet in every way
I promise to feed my dog every day
I promise not to give her junk food as a treat
I promise to give her the right amount to eat
I promise to keep her a healthy weight
I promise to give fresh water to my four legged mate

Extension Exercises Resources:

Open Wide Fact sheet

Learning objectives:

- Children learn that it is their responsibility, as a good pet owner, to provide their pet with a healthy diet.
- Children understand the consequences of feeding their pets "human food" such as chocolate & crisps.

Extension Exercises:

Science linkage: "Open Wide Fact sheet" – Exploring the sense of taste.

Differentiation:

Follow up research on the ISPCA, Dogs Trust and www.lovemypet.ie.

Assessment:

Teacher questions/children's questions.













Learning activities:



Introduction

Remind the children of **Promise 4**; to provide my pet with a healthy diet.

Ask the children what a healthy diet means. Why is it important for us to eat a healthy diet? What happens to us if we don't eat the right food?

Development

Ask the children to brainstorm what they think a healthy diet for a dog would be (they can do this as a whole class or in groups).

Explain the following to the children:

- Lots of human foods can be poisonous to dogs, especially chocolate and grapes.
- Dogs should have at least two walks each day and be fed a commercially produced balanced dog food twice a day.
- Animals should have access to fresh, clean water.
- Dog owners should clean their dog's teeth regularly and brush their coats.
- Dogs should have routine health checks with their vet at least once a year.

Children watch the film "Inspector Paws" with particular attention to Investigation 5 – What do dogs eat?

Activity: How to make homemade dog treats in class or at home.

Conclusion

- Children discuss what would happen if they didn't provide their animals with a healthy diet.
- This could lead to a discussion on overweight animals, health problems and expensive vet bills.









Open Wide! Fact Sheet:



- We use our tongues to help us taste, chew, swallow, and talk.
- Your sense of taste and smell are connected, which is why all your food tastes the same when you have a blocked nose!
- Human tongues vary in length, flexibility and sensitivity to taste.
- A dog's tongue works in exactly the same way as a humans, but is much less muscular - as the dog has a few extra uses for her or his tongue such as washing themselves or panting to cool down.
- Dogs' tongues can detect sweet, sour, bitter and salty tastes just the same way we do.
- Dogs have far fewer taste buds than we do, approximately one for every six.



 Unlike ours, a dog's taste buds are located mainly towards the back portion of the tongue because the tip of a dog's tongue spends a lot of its time exposed to the air and is also used for cleaning your dog's coat.









Dog Treat Recipes:



Mariel's Mince Pies:

225g Plain Flour 115g Butter 4tbsp cold water Drop of milk 1 tin of wet dog food

- Rub the butter and flour together to form a crumbly mixture.
- Gradually add the water and mix with a knife until it forms a ball.
- Knead and roll out your pastry.
- Use a cutter to make 12 bases and 12 lids.
- Grease your bun tin and place the bases within.
- Place a small blob of dog food in each pie.
- Pop the lids on top, seal the edges and pierce a small hole in each.
- Brush each pie with a drop of milk.

Cook for 20-25mins at 180c or gas mark 4.

Note: Remember this is a special Christmas treat to be given in moderation. Too many pies, as we all know, can cause an upset tummy! Only 10% of a dogs diet should consist of treats.

Catherine's Cakes:

2 Cups Whole-wheat or Rice Flour

I Cup of Dog Kibble

2 Large Eggs

I thosp of Honey

Half cup of Olive or Vegetable Oil

I Grated Carrot

| Banana

2 tbsp Peanut Butter

2 tsp Baking Powder

- Blend all the lovely-jubbly ingredients in a bowl and add more flour or oil to get the right "cake like" consistency.
- Preheat the oven to around Gas Mark 5, sloop the gloop into a greased baking tin and bake in the oven for around 30-45 minutes.
- PAWS OFF! Leave the cake to cool and start preparing your toppings
- Using peanut butter stick treats around the edge of the cake! Get creative, have fun but for the love of Dog, please feed small amounts as a special "treat" and try not to eat it yourself!







