



Animal Health and Nutrition

Virtual Classroom Extension

Objective

This activity is designed to help your at-home student(s) recognize themselves as scientists and think critically about problem-solving. The goal is to help students understand how proper food helps keep people and animals healthy. As with all lessons provided, please feel free to adapt them according to your students' abilities. Take these ideas, make them your own and your at-home students will have a greater chance at success.

Materials

Paper, writing utensils, computer or tablet with internet access.

Procedure

1. Review the Virtual Classroom video about orangutan health (<https://resourcelibrary.clemetzoo.com/Area/21>). Ask your students what they learned about orangutans in that video. In what ways do the orangutans meet their needs at the Zoo? How do the animal care staff, including the veterinarians, care of the orangutans?
2. Ask your students what types of food the staff give the orangutans to help them stay healthy. Do all animals need the same type of food? Would a lion prefer to eat what the orangutans eat?
3. Explain that different animal bodies have different requirements for staying healthy. Carnivores are animals that eat primarily meat, herbivores are animals that eat primarily plants, and omnivores are animals that eat both plants and animals. Go through the following list of animals with your student. See if they can guess what types of food each animal needs:
 - a. Orangutan: Primarily fruit and vegetation, some insects, and maybe some small amount of meat
 - b. Koala: Eucalyptus
 - c. Peregrine falcon: Birds and small mammals
 - d. Flamingo: Algae and small invertebrates that live in the water
 - e. Tree frog: Insects
 - f. Snow leopard: Meat (specifically blue sheep, marmots, ibex, musk deer, pika, markhor, hare, and birds).

- g. Ball python: Small mammals
 - h. Sea lion: Fish, octopus
4. Ask what type of food humans need to stay healthy? Are humans carnivores, herbivores, or omnivores? Humans are omnivores. That means that our bodies can survive on both plants and animals.
 5. Explain that some animals survive by only eating one type of food. For example, koalas will only eat eucalyptus for their entire lives. Human bodies don't work that way. We require a lot of different types of food in order to stay healthy. This is because different types of food have different types of nutrients. For instance, milk is high in calcium, which we need to keep our bones healthy. Meat has a lot of different types of proteins which are necessary to help us grow. Fruits and vegetables have lots of different vitamins that help our bodies to work properly.
 6. Explain that for the next day, your students will be keeping a food journal. (You could extend this for multiple days if you wish). In this journal, your students should keep track of everything they ate that day.
 7. After they recorded what they ate, help your students search online to see what types of nutrients are in each of the foods they ate. Have the student choose one nutrient that is in that food. In their food journal, they should explain how that nutrient helps their body. The attached worksheet can be used as a food journal.

Ohio's Learning Standards

Science Content Standards
Grade 5 Life Science Topic: Interconnections within Ecosystems 5.LS.1: Organisms perform a variety of roles in an ecosystem.

K-6 Health Education
The nutritive value of foods, including natural and organically produced foods, the relation of nutrition to health, and the use and effects of food additives



My Food Journal

What I ate	One nutrient in this food	How it helps my body
<i>Example:</i> 4 baby carrots	Vitamin A	Vitamin A is important for keeping my eyes healthy

