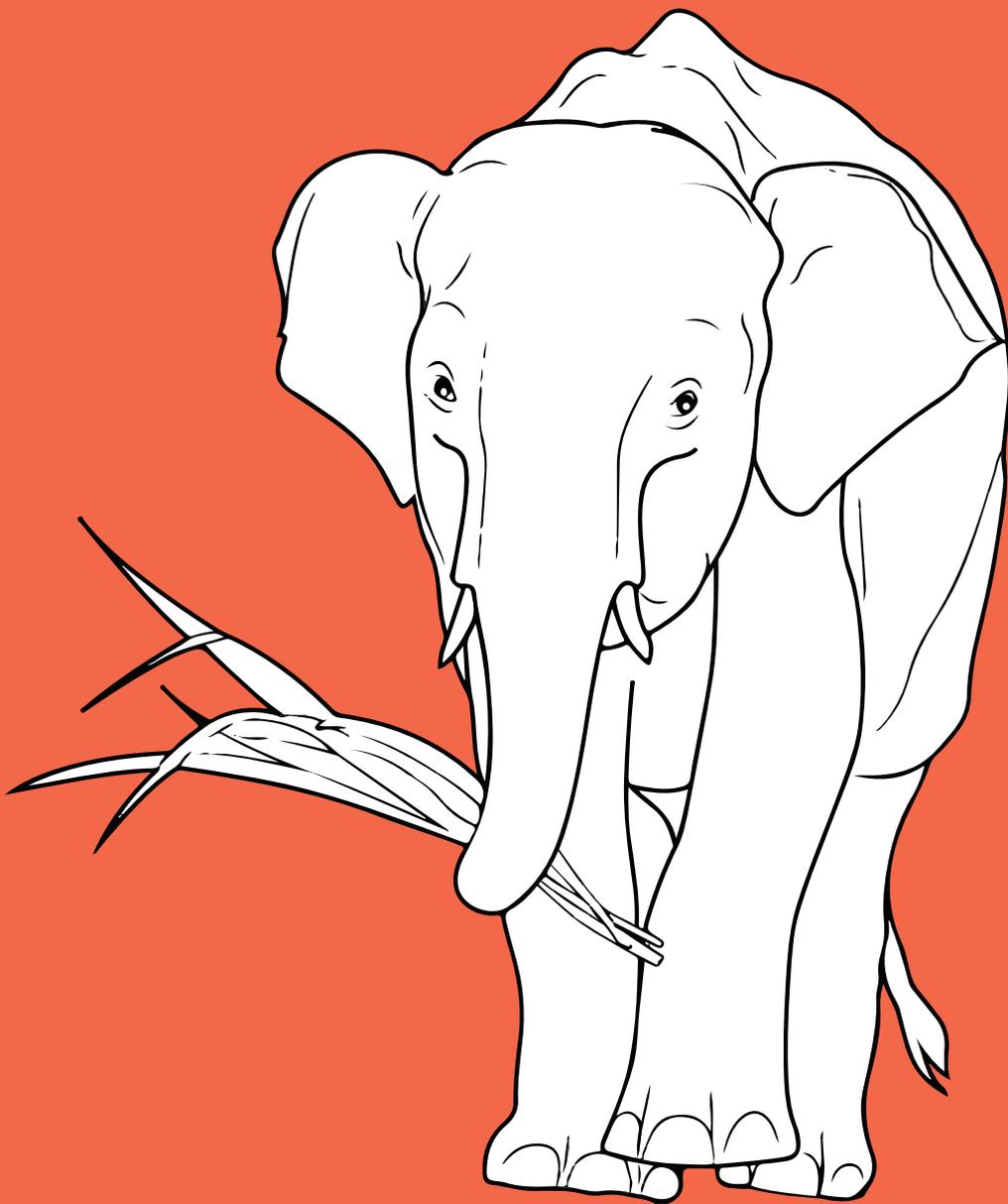


Auckland Zoo Education Pack

ECE



Theme: Food at the zoo

Zoo Lesson plan

Theme: Early Childhood (ages 0-4) FOOD AT THE ZOO

What will I learn: How both nutrition and behavioural enrichment are important for all animals!

Inspire

Nutrition is important for animals because it gives them all of the nutrients they need to stay healthy.

Behavioural enrichment provides animals with stimulating opportunities and challenges to enhance welfare at the Zoo.

- Watch zookeeper Georgia feed our [quirky and curious longfin eels](#), and zookeeper [Sam prepare a summer treat for squirrel monkeys!](#)
- Something as simple as mud can be perfect enrichment for animals like rhinos. [Watch Inkosi enjoy a wallow in his mud bath.](#)
- Our endemic kea require special enrichment to keep their clever brains working hard. Watch birdkeeper Devon prepare some [tricky enrichment items for our curious kea!](#)
- Watch Ian, our stores coordinator [take you on a tour](#) to find out what it takes to provide food for all of our animals at the Zoo

Explore

Not all animals eat the same food. Explore [Auckland Zoo's website](#) and discuss the words "**herbivore**", "**carnivore**" and "**omnivore**", then see if you can sort our animals into these three groups. Use the template Our **Food-Fill Your Buckets** to fill in what types of food those animals may eat. (Resource attached)

Different foods give us different superpowers! Log the foods you eat in our **Eat Me Rainbow** worksheet and see what superpowers you are getting. (Resource attached)

Create

Our zookeepers make sure that the animals have everything they need for a happy, healthy life.

Pretend you are a keeper looking after a certain animal.

- Draw your animal in its zoo habitat.
- Find out what your animal eats.
- Design a fun enrichment item for your animal.

Create a behavioural enrichment item for your pet at home! Follow the steps in our [make an enrichment item](#) video.

Reflect

What do you give your pet to eat and play with? Why do you do this?

Write down and/or draw all of the things that you already do. Is there anything you could improve on?

Act

Just like our animal friends, we can improve our nutrition by changing what we eat.

Challenge yourself to try one new type of food this week or even help plan/cook some yummy meals for the family.

Can you make some animal themed snacks together? [Try these Seven Fun And Fruity Animal Snacks!](#)

Curriculum links:

Lessons include a range of aspects from the main strands of the NZ Curriculum - English, the arts, health and physical education, learning languages, mathematics and statistics, science, social science and technology.

They also consider the Key Competencies - Thinking, Using language, symbols and text, Managing self, Relating to others, Participating and communicating

Teachers Notes

Learning Outcomes

- Taking care of our **animals wellbeing**
- Taking care of **our wellbeing**

Here at Auckland Zoo we care for our animals everyday to look after their overall wellbeing.

This is big job as every individual animal in our care needs different things to be in a state of positive welfare.

To help us get this right we rely on the **Five Domains Model of Animal Welfare**. This model is based on the latest science in wildlife conservation. It is widely adopted as best practice in zoos around the world that are accredited members of the World Association of Zoos and Aquariums (WAZA), as Auckland Zoo is.

A simplified version of the Five Domains Model is shown below. The four domains of Health, Behaviour, Nutrition (Food) and Environment are the areas in which we, as animal carers, can take positive action that has an impact on overall wellbeing.



This **Wellbeing Resource Kit** is designed to help you and your students understand how complex it is to look after animals really well within a zoo context.

The activities in this kit also include opportunities to focus on students' own wellbeing. There are parallels to be drawn but also differences to consider in our collective journey to wellbeing.

Each of the resources in this kit is titled indicating which of Five Domains is the focus of the activity:

- Our Health
- Our Behaviour
- Our Food (Nutrition)
- Our Environment
- Our Wellbeing

Zoo Lesson plan

Our Food (Nutrition)

We refer to food as nutrition here at Auckland Zoo.

It is vital that our animals receive all the nutrients they need in their diet to stay healthy.

1. Eat Me Rainbow

- Use the worksheet provided for students to record what they eat in a day or week.
- Reflection question: What superpowers does my food give me?

Red

- Red peppers
- Tomatoes
- Strawberries
- Raspberries
- Watermelon
- Apples
- Cranberries
- Cherries
- Grapes
- Red onion
- Pomegranate
- Beetroot

**Healthy heart,
healthy skin, run fast**

Orange/Yellow (Vitamin C)

- Orange
- Grapefruit
- Lemon
- Mango
- Papaya
- Carrots
- Sweet potato
- Squash
- Corn
- Melon
- Orange/yellow pepper
- Pineapple
- Peaches

**Healthy joints,
immune system,
eye health, healthy
heart, night vision,
jump higher**

Green (Vitamin K)

- Broccoli
- Kale
- Romaine lettuce
- Brussel sprouts
- Green grapes
- Green apples
- Asparagus
- Spinach
- Green beans
- Peas
- Courgette
- Avocado
- Edamame

**Energy immune,
bones & blood
healthy, tissue healing
(cuts and bruises 25%)**

Blue/Purple

- Blueberries
- Blackberries
- Red grapes
- Purple cabbage
- Eggplant
- Plums
- Prunes
- Figs

**Stay young, good
memory, brain power**

Brown/white

- Cauliflower
- Garlic
- Onion
- Mushrooms
- Potatoes
- Parsnips

**Bones strong,
healthy heart**

2. Our Food Poster

- Use the poster as a discussion prompt as well as a chance to learn the terms herbivore, carnivore, omnivore.

3. Our Food – Fill your buckets

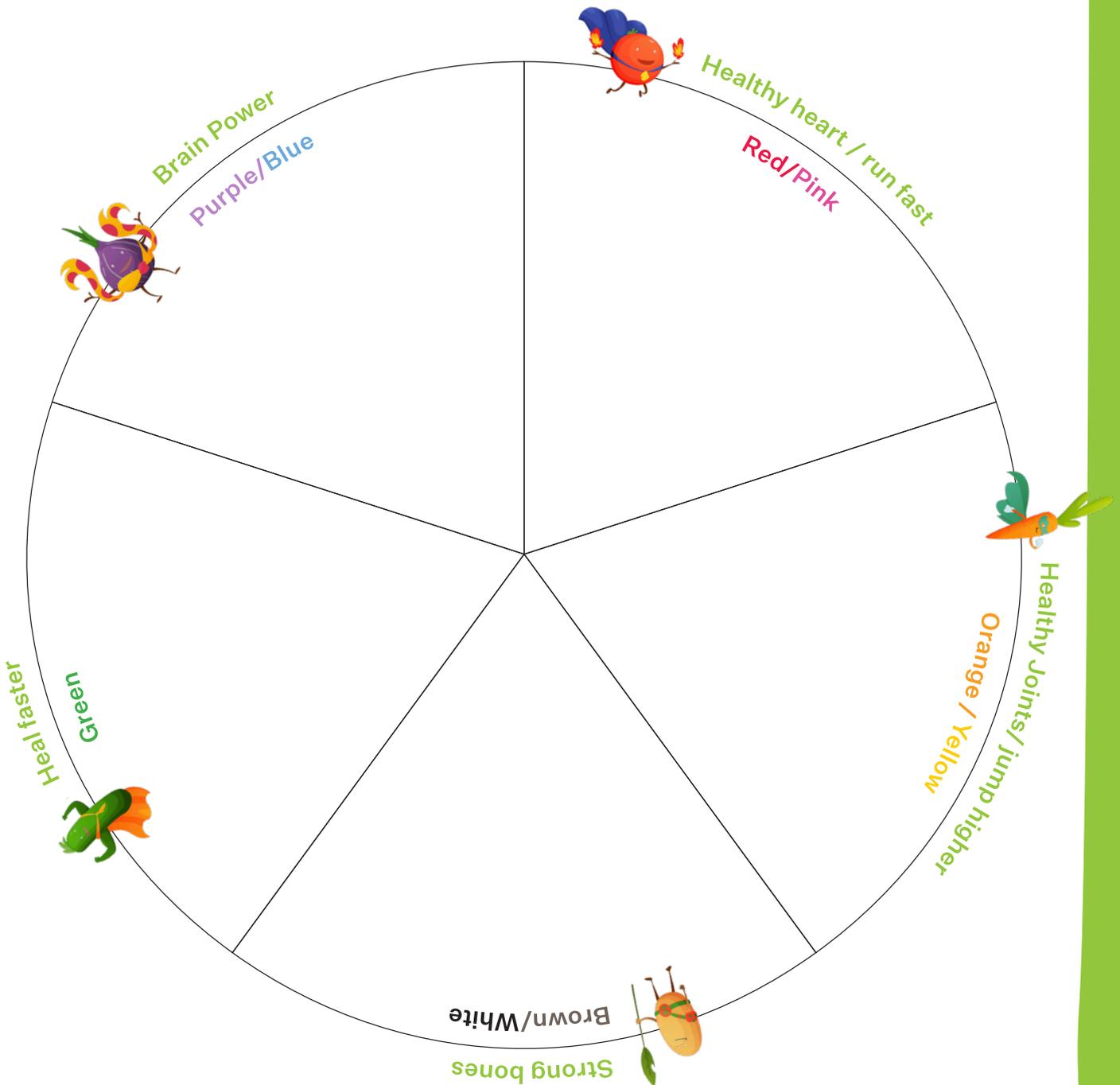
- Discuss what food would go into each animal's bucket

OUR FOOD

Eat Me Rainbow

Different foods give us different superpowers – log the foods you eat to see what powers you get from your food

Name: _____

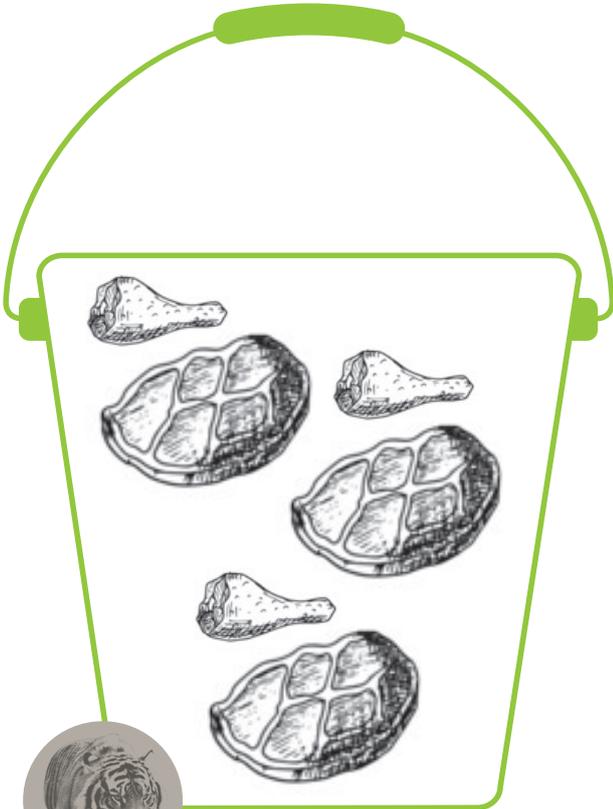


Try to eat as many colours as possible and get all of the superpowers.
Draw a picture or write what you ate in each colour section above.

OUR FOOD

Nutrition

The science that deals with food that is necessary for health and growth



Tiger

- 3kg of meat



Spider Monkey

- 1 cup of fruit
- 1/2 cup of pellets
- 1/2 cup of chickpeas
- 3 cups of veges



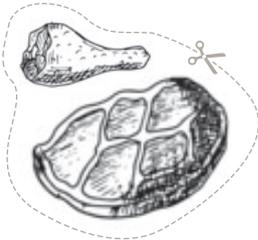
Kea

- 2 teaspoons of soaked sprouted seeds
- 1 tablespoon pellets
- 1/2 cup of fruit
- 1/2 cup of veges
- 1 teaspoon seeds

OUR FOOD

Fill your buckets

Cut out the food and place it in the correct bucket



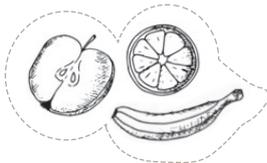
1kg of meat



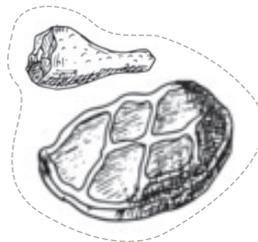
1/2 cup of fruit



3 cups of veges



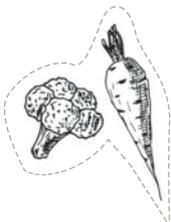
1 cup of fruit



1kg of meat



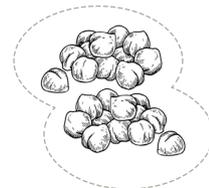
1 teaspoon seeds



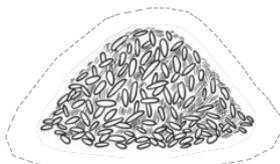
1/2 cup of veges



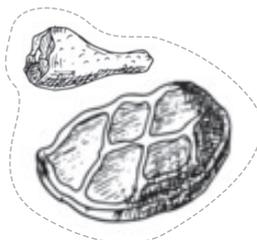
2 teaspoons of soaked
sprouted seeds



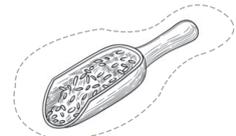
1/2 cup of chickpeas



1/2 cup of pellets



1kg of meat

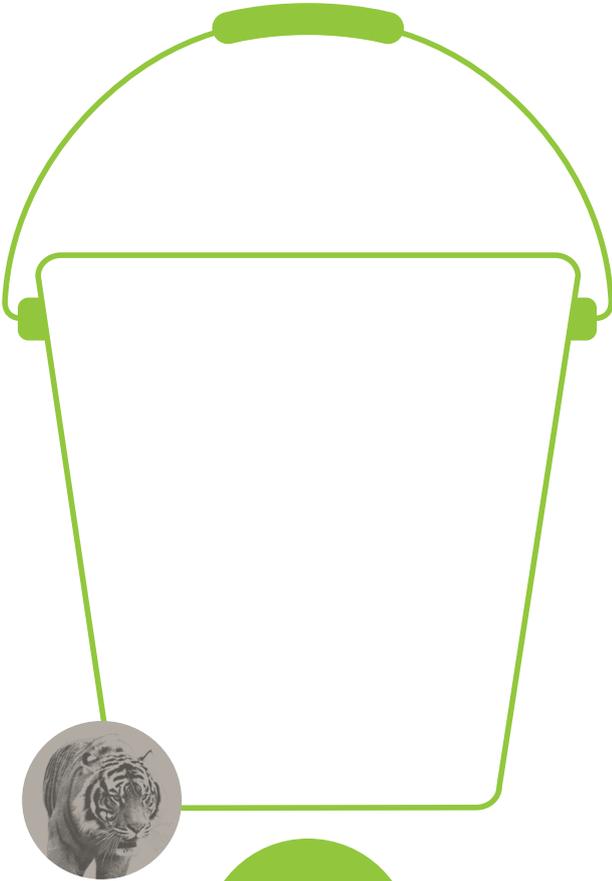


1 tablespoon
pellets

OUR FOOD

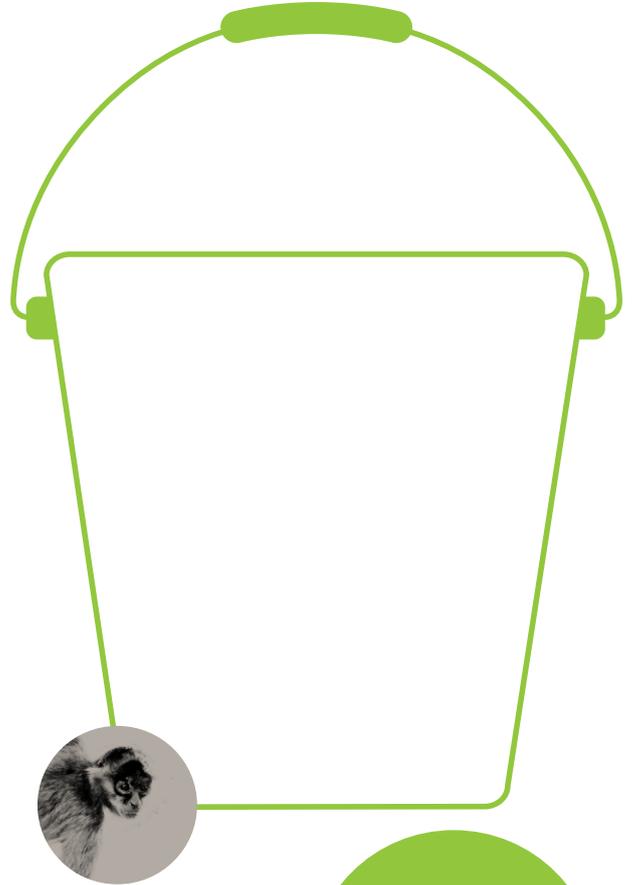
Fill your buckets - Easy Version

What would you feed the following animals in a day?



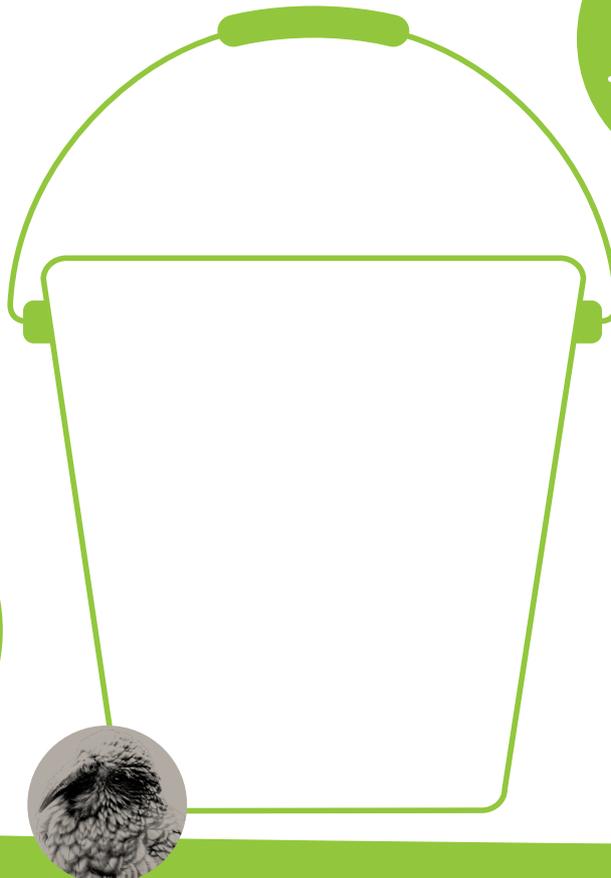
Tiger

- 3kg of meat



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- 3 cups of veges



Kea

- 2 teaspoons of soaked sprouted seeds
- 1 tablespoon pellets
- 1/2 cup of fruit
- 1/2 cup of veges
- 1 teaspoon seeds

OUR FOOD

Fill your buckets

What would you feed the following animals in a day?

