Animal diets

• **diet** – the food a living thing needs



• herbivore - an animal that eats plants



• carnivore - an animal that eats other animals



• omnivore - an animal that eats other animals and plants



Nutrition and Diet

Factual Knowledge Humans need to eat a healthy, balanced diet to maintain good health.

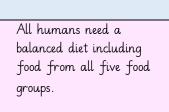
> Humans should eat a wide variety of foods and consume the right amount to maintain a healthy body weight.

> Animals need the right type and amount of nutrition. They cannot make their own food, instead they get their nutrition from what they eat.

Some animals are carnivores – they eat other animals.

Some animals are herbivores – they only eat plants.

Some animals are omnivores – they eat plants and other animals.



- I. Carbohydrates
- 2. Protein
- 3. Dairy products
- 4. Fat 5. Sugar

There are a variety of human diets including vegan, vegetarian, pescatarian and omnivorous diets.

People who eat a vegan diet get protein from sources that are not animal products.



carbohydrate – food such as bread, cereals, pasta



• protein – food such as eggs, beans, fish and meat



• dairy product - food made from the milk of an animal



• fat - food such as avocados, oil, butter, fried food and nuts



sugar – a substance used to make food and drinks sweet

