

ACTIVITY:

BUILD COOPER'S BALANCED BOWL

Dogs need a mix of different nutrients in their meals to stay strong, healthy, and full of energy. In this activity, you'll create a balanced meal for Cooper by choosing the right foods for each section of his bowl.

STEP 1:

Draw or print Cooper's food bowl and divide it into four sections: Protein, Carbohydrates, Fats, Fibre

STEP 2:

Choose one or two foods from each list below to "feed" Cooper. You can draw them, write the names, or cut and stick pictures from magazines or printouts.

Protein (helps build and repair the body) - chicken, eggs, beef, turkey, fish (like salmon or sardines), lentils or peas (in small amounts)

Carbohydrates (give energy) - Cooked white rice, Rolled oats, sweet potato, barley, whole wheat pasta (plain)

Fats (for energy and healthy skin) - fish oil, chicken fat, sunflower oil (in small amounts), flaxseed

Fibre (helps digestion) - Brown rice, Cooked carrots, Green beans, Pumpkin, Broccoli

STEP 3:

Add a water bowl next to Cooper's food bowl. Label it clearly; water is the most important part of every meal!

BONUS CHALLENGE:

Now design a food bowl for a working dog like a sheepdog or sniffer dog.

What changes? Would you include more of anything? Would they need snacks during the day?

