

Healthy Pets Healthy Families Coalition

School Based Educational Presentation

Title: Keeping Your Pet Fit: Healthy Food and Exercise

Grade Level: 3- 5<sup>th</sup> grade

Demonstration – items to gather before talk:

Video: walk from dog's view point

Handout: town map with places the children can circle and identify places they can take their dogs for a walk

Youtube video access: able to link to Youtube videos which show people creating simple obstacle courses in their homes for their pet cats

Blank page for the children to draw their own proposed obstacle course for their cat, using items in their home.

Speaker Notes:

Slide 1: Title of talk: "Keeping Your Pet Fit: Healthy Food and Exercise"

Slide 2:

How many of you have pets? Dogs? Cats? Other pets?

What do you think you can do to help your pet be healthy?

- provide love, attention, shelter, food, safe environment, exercise, health care

Today we are going to talk about two of their needs: healthy food and exercise

Slide 3:

Pets need healthy foods. What is a healthy food for a dog or cat?

(show the different foods and have the children say Yes or No that the food is healthy for a dog or cat)

Slide 4:

Pets need to eat the right food in the right amounts. They should be given fixed meals since they will eat too much if given a full bowl all the time. People food is not always good for them.

Slide 5:

Some foods can make dogs and cats sick. Don't give your pet chocolate, onions, grapes, raw meat, avocados – they can make pets sick.

Slide 6:

Pets need daily exercise to stay healthy. How can you help them get their exercise?

One of the best ways to help your dog get exercise, and you too, is to take them on walks twice a day. You can run with them, or play ball or fetch. It is harder to help cats get exercise, but you can play with them using toys or create obstacle courses for them.

Slide 7:

Walks can be an adventure for both you and your dog. You get to see your neighborhood, be outside and enjoy the day.

This is what a dog sees when you take them out. (show video of walk from a dog's viewpoint)

Slide 8:

Demonstration: Town map/handout that allows children to circle and identify places they can take their dogs on a walk

Have them list where on a paper and then say what they wrote.

Slide 9:

Cats can get exercise too, but sometimes they need a little help. You can build an obstacle course for them.

(Show Youtube videos that show people creating cat obstacle courses in their home.)

Now on the handout, draw your own obstacle course for a cat using items you would have in your home.

Slide 10:

Questions?