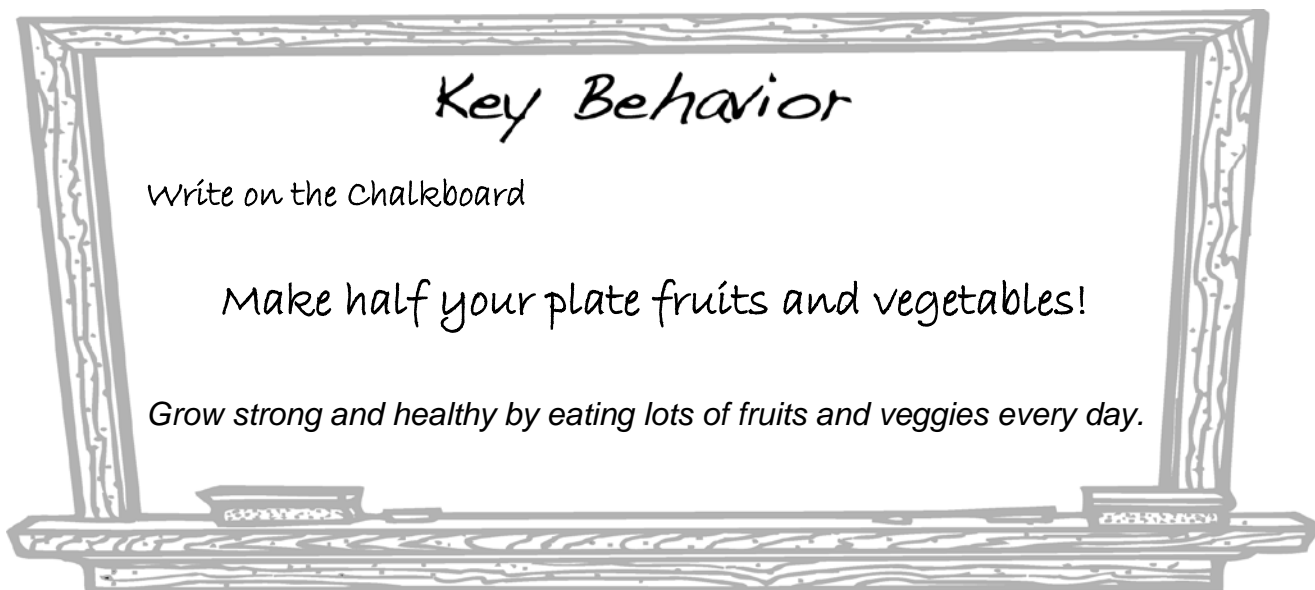


# MyPlate: Colorado Wildlife (5<sup>th</sup> Grade)



## NUTRITION OBJECTIVES CHECK LIST

Students will be able to:

- taste** a “MyPlate” salad recipe.
- express ways** they can ***make half their plate fruits and vegetables.***
- explain** the ***health benefits*** of eating lots of fruits and vegetables every day.
- identify** that MyPlate has 5 food groups and that different foods fit in the different groups and contribute to overall health.

## MATERIALS AND INGREDIENTS

Bin	Teacher Provides	Will be Delivered
<p><b><u>In Kitchen Bin</u></b></p> <ul style="list-style-type: none"> <li>- can opener</li> <li>- 2 medium bowls</li> <li>- 1 mixing spoon</li> <li>- chef knife (teacher only)</li> <li>- cutting board (teacher only)</li> </ul>	<ul style="list-style-type: none"> <li>- MyPlate poster</li> <li>- family letter/recipe copies*</li> <li>- activity sheet copies (1 for every 2 students)</li> <li>- text copies (1 for every 2 students)</li> <li>- answer sheets copies (teacher only)</li> <li>- napkins*</li> </ul>	<ul style="list-style-type: none"> <li>- romaine lettuce, cut, bagged, pre-washed</li> <li>- seedless grapes (1 lb.)</li> <li>- plain yogurt, low-fat (8 oz)</li> <li>- 6” whole wheat tortilla (1/2 per student) (fajita style)</li> <li>- 2 -cans chicken (10 - 12 oz)</li> </ul>
<p><b><u>In Paper Goods Bin</u></b></p> <ul style="list-style-type: none"> <li>- small paper plates*</li> <li>- plastic forks*</li> </ul>		

\*one per student

## SET-UP

**Note:** If large tortillas are delivered, cut them into quarters. Large tortillas can overwhelm the tastes of the other foods.

### Copies:

- Make copies of recipe (each student).
- Make copies of activity sheets "*Food Groups for \_\_\_\_\_*", and "*MyPlate for \_\_\_\_\_*", back to back, one for every two students. Students will work in pairs on this activity.
- Make copies of animal texts. There are six different texts (2 texts per page) and each pair of students will work with one of the texts. Depending on class size make about 2 copies of each text.
- Have copy of "What Do Our Pets Eat?" ready to display on overhead device.

### Work area:

- Students will work in pairs at their desks.
- Have nutrition table ready for lesson materials and ingredients.

### Food-prep:

- Open and drain canned chicken.
- Wash grapes and cut them in half.
- Have salad ingredients (chicken, grapes, and yogurt) ready to mix together.
- Have bowl and mixing spoon ready for making salad in.
- Cut tortillas depending on size delivered, sixths, fourths, or halves. **Important:** Make sure tortillas pieces are the right size for the small amount of salad students will get.
- Have tortillas, lettuce, paper plates, plastic forks, and napkins ready for eating salad.

### Other-prep:

- Display MyPlate poster on the board.
- Have answer sheets for Animal MyPlates (teacher only) available for reference.

## INTRODUCTION WITH STUDENTS

### Let's Wake Up Our Brains! Brain Boost Exercise!

#### My Plate Move- Repeat to get your heart going!

*Do the MyPlate move! Teacher, pick a food picture and shout out!*



(Example- Broccoli-Vegetable Group- Jog in Place)

- ♥ Vegetable group=jog in place
- ♥ Fruit group=crouch down, jump up
- ♥ Protein group=knee highs
- ♥ Grains group=jump on one foot
- ♥ Dairy group=jumping jacks

Now that our minds are ready to go, let's get started on our nutrition lesson.

- Ask students to tell you what food does for our bodies and why we need it.
- Tell students that we have a picture that shows us what foods our body needs to grow and be strong and healthy. It's called MyPlate.

- Show students the MyPlate poster. Tell students that all of the healthy foods are divided into food groups. Go over each of the groups with the students and the foods that go in each group.
  - ✓ **Grains Group:** Foods from this group give our bodies energy. (bread, tortillas, rice, cereal, noodles, oatmeal, popcorn, crackers)
  - ✓ **Vegetable Group:** Foods from this group give have important vitamins. (lettuce, tomatoes, bell peppers, cucumbers, carrots, spinach)
  - ✓ **Fruit Group:** Foods from this group give have important vitamins. (apples, oranges, bananas, strawberries, watermelon, blueberries, pears)
  - ✓ **Protein Group:** Foods from this group are good for our muscles. (eggs, meat, fish, nuts, beans)
  - ✓ **Dairy Group:** Foods from this group are good for our bones. (milk, cheese, yogurt, tofu, soy milk)
- **Refer to the Key Behavior on the board and tell students that “making half their plate fruits and vegetables” means to eat lots of different fruits and vegetables every day. Doing this is good for their growing bodies and will help keep them healthy and strong.**
- If students ask where food items such as candy and soda fit in MyPlate, explain that MyPlate shows foods that fit into a healthy diet and that should be eaten every day. Candy and sodas aren’t necessary for a daily healthy diet. **Tip:** Refer to the **Food Group Information Sheet** at the end of the lesson for information on which foods belong in which food groups.
- Tell students that today they are going to create food guide systems for Colorado wildlife, compare them with the human food guide system MyPlate, and then eat a snack that includes all five of the food groups.

<b>PROCESS</b>
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- Step 1: Display "What Do Our Pets Eat?" for students to read together. Have the "Rabbit, Snake, and Dog MyPlates (teacher only) ready for reference.
- Step 2: On chart paper, the board, or overhead projector draw a blank circle. Label it “Rabbit MyPlate”. **Important:** Make the circle small enough so two other circles can fit on the same page or board.
- Step 3: Make a Rabbit MyPlate on the board: (refer to teacher guide)
- ✓ Ask students if rabbits eat any foods from the grains group, protein group or dairy group (no).
  - ✓ Ask if any of the foods are from the vegetable group and fruit group.
  - ✓ Note that all foods in the list are either vegetables or fruits; grass and timothy hay would be considered vegetables.
  - ✓ Draw a line down the middle of the blank circle and write vegetables in the left section and fruits in the right section.
  - ✓ Put the different foods the rabbit eats in their correct food groups.

- Step 4: Have the students help you make a MyPlate for the snake and the dog as well, using their food lists. (refer to teacher guide).
- Step 5: Read about herbivores, carnivores and omnivores with students and have them answer the questions from the activity sheet.
- Step 6: Divide students into pairs and tell students that each pair is going to make a "MyPlate" for a wild animal of Colorado. Pass out one Colorado wild animal text to each pair of students.
- Step 7: Also pass out the two activity sheets that go with the animal text: "Food Groups for \_\_\_\_\_" and "MyPlate for \_\_\_\_\_".
- Step 8: Have students read their animal texts, and work on the two activity sheets. **Tip:** Some animals' plates will be more difficult to create than others. The carnivores will be the simplest, then herbivores, and the omnivores the most complex. Refer to the teacher guides to help you help the students.
- Step 9: As students finish have them wash their hands with soap and warm water. Students who finish early may volunteer to help with the snack.
- Step 10: Read recipe for MyPlate salad together as a class. Make the salad in front of the class. Show them the whole wheat tortilla. Tell students that eating whole grain foods are very good for their bodies.
- Step 11: Demonstrate how to make the wrap by putting a small piece of lettuce on the tortilla half, adding a small bit of chicken salad, and then rolling it up.
- Step 12: **Let's Eat, Let's Talk.** While students are eating ask them what they learned. Ask and discuss the questions in the box **Make Health Happen.**
- Step 13: Remind students to take their recipes home to share with their families.

*Make Health Happen*

How could you figure out if you are eating enough fruits and vegetables to fill half your plate?

If you know you are not eating enough foods from one of the food groups what could you do?

Once you know what healthy foods you need to eat more of, how can you make sure you eat them?

## REINFORCING STANDARDS

### Comprehensive Health

- **GR.5-S.2-GLE.1** Demonstrate the ability to engage in healthy eating behaviors.

### Reading, Writing and Communicating

- **GR.5-S.1-GLE.2** Listening strategies are techniques that contribute to understanding different situations and serving different purposes.
- **GR.5-S.2-GLE.2** Ideas found in a variety of informational texts need to be compared and understood.
- **GR.5-S.2-GLE.3** Knowledge of morphology and word relationships matters when reading.
- **GR.5-S.3-GLE.3** Conventions apply consistently when evaluating written texts.

### Science

- **GR.5-S.2-GLE.1** All organisms have structures and systems with separate functions.
- **GR.5-S.2-GLE.2** Human body systems have basic structures, functions, and needs.

# BACKGROUND INFORMATION

- It is important to establish healthy eating habits during childhood years since these habits may carry into adulthood. The “MyPlate” Food Guidance System is a graphic symbol developed by the United States Department of Agriculture and the United States Department of Health and Human Services to help consumers implement the 2015-2020 Dietary Guidelines for Americans. MyPlate emphasizes the need for a more individualized approach to improving diet and lifestyle.
- The Dietary Guidelines include several important key recommendations to encourage consumers to follow a healthy eating pattern at an appropriate age and calorie level. The focus should be on nutrient density, variety and amount. Calories from added sugars and solid fats need to be limited, along with a reduction in sodium intake. Cultural and personal preferences are important when making shifts to healthier food and beverage choices. Finally, everyone has a role in helping to create and support a healthy eating pattern. To receive on-line personalized recommendations on the kinds and amounts of food to eat each day, go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov).
- Healthy eating pattern includes a variety of vegetables (dark green, red, orange, and legumes), fruit (with a focus on whole fruit), grains (at least half should be whole grains), fat-free or low-fat dairy, variety of protein foods (seafood, lean meats, legumes, nuts, and soy products). We need to limit saturated and Trans fats, added sugars, and sodium.
- In this lesson, your students will learn that there are five major food groups and what foods go in each of the groups. All the food groups work together to provide the essential nutrients our bodies need to grow and function properly. Since no one group or food can provide all the nutrients our bodies need, it is important to eat foods from each group and eat a variety of foods within each group.
- **Food Groups:** The orange section of MyPlate represents the **Grain Group**. Foods that are made from grains such as wheat, rice, oats, cornmeal and barley belong in this group. For example, bread, pasta, oatmeal, breakfast cereals, tortillas, and grits all belong in the grain group. This group provides complex carbohydrates (giving us energy), fiber, vitamins (especially B vitamins) and minerals. It is highly recommended to eat 100% whole grains from this group rather than refined grains. Look for the word “whole” in the first ingredient on food labels. We recommend, *“Make at least half your grains whole grains”*.
- The **Vegetable Group** of MyPlate is green and the **Fruit Group** is red. The Vegetable and Fruit Groups provide important vitamins (such as vitamin A, C and folate), minerals (such as potassium, magnesium, iron) and fiber. In addition, phytochemicals from fruits and vegetables can help reduce the risk of cancer, heart disease and other chronic diseases. Try to make half your plate fruits and vegetables to increase fiber and a variety of nutrients in your diet. We recommend, *“Vary your veggies”* and *“Focus on fruit”*.

- The **Protein Group** is purple and includes poultry, fish, dry beans, eggs, nuts and seeds. It is called the protein group due to the high protein content of the food items in this group. Protein not only rebuilds cells in organs, muscles, tendons, ligaments, hair and nails, but it also contributes to the formation of enzymes, antibodies and hormones. Increase the amount and variety of fish and seafood in place of some meat and poultry. We recommend, "*Go lean with protein*", which refers to primarily selecting lower fat choices from this group like turkey or beans.
- The **Dairy Group** includes fat-free and 1% milk, cheese, soy milk, tofu, and other dairy products. In addition to having lots of calcium, milk and dairy products provide other essential nutrients, all necessary for good teeth and bone health and development. These include phosphorus, magnesium, potassium, B-complex vitamins, protein, and added Vitamin A and D in milk. The Dietary Guidelines (2015-2020) recommends that children aged 4-8 years consume 2 ½ cups of dairy foods per day, and children aged 9-18 years consume 3 cups daily. We recommend, "*To keep your bones strong, calcium can't be wrong!*"
- **Oils:** Oils include fats that are liquid at room temperature and are obtained from many different plants, such as canola, corn, olive, soybean and sunflowers, and oils from fish. Some foods are naturally high in oils, like nuts, olives, fish like salmon and tuna, and avocados. Other foods made using oil include mayonnaise, salad dressings, and soft margarine. Use oils sparingly and to replace solid fats, like butter or lard, where possible.
- **Salt:** Most Americans consume too much salt. Most comes from salt added during food production and processing. Reduce daily sodium intake to less than 2,300mg and further reduce intake to 1,500mg for persons with hypertension, pre-hypertension, or chronic kidney disease. Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower sodium.
- **Added Sugars:** Added sugars include sugars that are added to foods and beverages to sweeten it, and usually only contribute calories without any essential nutrients. Naturally occurring sugars in fruits or milk are not added sugars. Added sugars should be limited to less than 10% of total calories per day. Drink water instead of sugar-sweetened beverages.
- **Physical Activity:** Regular physical activity can produce long term health benefits. People of all ages, shapes, sizes, and abilities can benefit from being physically active. The more physical activity you do, the greater the health benefits. Youth ages 6 to 17 years need at least 60 minutes of activity per day including aerobic, muscle and bone strengthening activities. Adults should aim for at least 150 minutes of moderate intensity physical activity per week and perform muscle strengthening exercises at least 2 days per week.

Dear Family,

Today I learned that eating foods from each food group is good for my growing body. Our class ate this MyPlate Chicken Salad. I'm going to bring home recipes from nutrition classes this year. Let's try them together!

*Parent Tip: Help your kids feel powerful by supporting them to make healthy choices. Set an example for your kids! Eat healthy food for yourself. MyPlate teaches us how to make healthy food choices. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) for more information.*

## MyPlate Chicken Salad Wrap

**Makes: 6-8 servings**

**Total Cost: \$9.68**

**Serving Cost: \$1.62**

### Ingredients

2 cans chicken or tuna fish (10 oz.)

1 cup low-fat plain yogurt

2 cups red grapes

Romaine lettuce

whole wheat tortillas

### Directions

1. Open and drain canned chicken or tuna.
2. Cut grapes in half in quarters.
3. Put chicken or tuna and yogurt into a bowl and mix well.
4. Add cut-up grapes to the bowl and mix.
5. Place a piece of lettuce leaf onto tortilla.
6. Put chicken mixture on the lettuce and roll.
7. Eat and enjoy!



Nutrition Facts	
Serving Size 1 Cup (182g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 210</b>	<b>Calories from Fat 50</b>
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 80mg</b>	<b>27%</b>
<b>Sodium 290mg</b>	<b>12%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 10g	
<b>Protein 28g</b>	
Vitamin A 4%	• Vitamin C 10%
Calcium 8%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**Make half your plate fruits and vegetables!**  
**Eat healthy foods from all of the food groups every day.**



Querida Familia,

Hoy aprendí que comer alimentos de cada grupo alimenticio es bueno para mi cuerpo en desarrollo. Nuestra clase comió esta ensalada de pollo de MiPlato. Este año voy a traer recetas a casa de las clases de nutrición. ¡Probémoslas juntos!

*Consejo para padres: Ayude a su hijo a sentirse poderoso apoyándolo a tomar decisiones saludables. ¡Ponga un ejemplo para sus niños! Coma alimentos que sean saludables para usted. MiPlato enseña cómo hacer la elección de comidas saludables. Visita <http://www.choosemyplate.gov/multilanguage-spanish> para más información.*

## Rollito de ensalada de Pollo MiPlato

Rinde: 6-8 porciones

Costo Total: \$9.68

Costo por Porción: \$1.62

### Ingredientes

2 latas de pollo o atún (10 oz.)

1 taza de yogurt bajo en grasa

2 tazas de uvas rojas

Lechuga romana

Tortillas integrales

### Instrucciones

- 1 Abrir y escurrir la lata de pollo o atún.
- 2 Cortar las uvas en mitades o en cuartos.
- 3 Colocar el pollo o atún y el yogurt en un tazón y mezclar.
- 4 Añadir las uvas cortadas al tazón y mezclar.
- 5 Poner un trozo de hoja de lechuga en una tortilla.
- 6 Agregar la mezcla de pollo sobre la lechuga y enrollar la tortilla.
- 7 ¡A comer y disfrutar!



Nutrition Facts	
Serving Size 1 Cup (182g)	
Servings Per Container 6	
Amount Per Serving	
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<b>Sodium 290mg</b>	<b>12%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 10g	
<b>Protein 28g</b>	
Vitamin A 4%	Vitamin C 10%
Calcium 8%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
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Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

**¡Haga que la mitad de su plato sea de frutas y verduras!  
Coma alimentos saludables de todos los grupos  
de alimenticios todos los días.**

## What Do Our Pets Eat?

How would you create MyPlate pictures for the following animals?

**Note:** Foods at the beginning of the lists are eaten in larger amounts, and foods toward the end of the list are eaten in smaller amounts.

### A Pet Rabbit's Diet

**Example of a diet:** Timothy hay (a kind of grass); plenty of fresh vegetables like dandelion, carrots and their tops, spinach, broccoli, papaya, pears, peaches, apples, pineapple, and strawberries.

### A Pet Garter Snake's Diet

**Example of a diet:** Earthworms, small fish, slugs, insects and frogs.

### A Pet Dog's Diet

**Example of a diet:** Turkey, chicken, poultry meal (ground chicken and turkey), ground yellow corn, rice, barley flour, potatoes, carrots, apples, milk powder, egg powder.

## Herbivores, Carnivores, and Omnivores

Animals are divided into three categories according to the types of things that they eat.

**Herbivores:** Plant-eaters (includes vegetables, fruits, nuts and grains)

**Carnivores:** Meat-eaters (animals that eat bugs and other animals)

**Omnivores:** Plant- and meat-eaters

1. Are you an herbivore, a carnivore or an omnivore?
2. Is a pet rabbit an herbivore, a carnivore or an omnivore?
3. What about a pet snake? A pet dog?
4. Can you think of other animals that are herbivores, carnivores or omnivores?

## **¿Qué comen nuestras mascotas?**

*¿Cómo crearías imágenes de MyPlate para los siguientes animales?*

**Nota:** Las comidas al principio de las listas se comen en cantidades mayores, y las comidas al fin de las listas se comen en cantidades menores.

### **La dieta de un conejito**

**Ejemplo de su dieta:** Heno (un tipo de hierba seca); muchas verduras frescas como diente de león (una planta), zanahorias con sus tallos y hojas, espinacas, brócoli, papayas, peras, duraznos, manzanas, piñas, y fresas.

### **La dieta de una culebra "Garter"**

**Ejemplo de su dieta:** Lombrices, pececitos, caracoles, insectos y ranas.

### **La dieta de un perro**

**Ejemplo de su dieta:** Pavo, pollo (entero y molido) harina de maíz amarillo, arroz, harina de cebada, papas, zanahorias, manzanas, leche en polvo, huevos en polvo y grasa de carne.

## **Herbívoros, carnívoros, y omnívoros**

Los animales se dividen en tres grupos, según el tipo de comidas que comen.

**Herbívoros:** Comen plantas (como verduras, frutas, nueces y cereales)

**Carnívoros:** Comen carne

**Omnívoros:** Comen plantas y carne

1. ¿Eres tú un herbívoro, un carnívoro o un omnívoro?
2. ¿Es un conejito un herbívoro, un carnívoro o un omnívoro?
3. ¿Qué piensas de una culebra? ¿Un perro?
4. ¿Puedes pensar en otros animales que son herbívoros, carnívoros o omnívoros?

# MyPlate: Colorado Wildlife #1

## Food Groups For \_\_\_\_\_

Your Colorado Animal

1. Put the **specific** foods that your animal eats into the following food groups:

GRAINS
--------

VEGETABLES
------------

FRUITS
--------

Dairy
-------

Protein
---------

2. My animal eats mostly from the \_\_\_\_\_ food group.  
List any other groups that it eats from:

---

---

3. My animal is a(n) **herbivore, carnivore, omnivore** (circle one) because..

---

---

# MiPlato: Fauna de Colorado #1

## Grupos de Alimentos de \_\_\_\_\_

Tu Animal de Colorado

1. Escribe las comidas **específicas** que come tu animal en los grupos siguientes:

GRUPO DE PROTEINAS

GRUPO DE LACTEOS

GRUPO DE FRUTAS

GRUPO DE VERDURAS

GRUPO DE GRANOS

2. Mi animal come principalmente del grupo de \_\_\_\_\_.  
Escribe todos los otros grupos del cual come tu animal:

---

---

3. Mi animal es un **herbívoro**, un **carnívoro**, un **omnívoro** (encierra uno) porque:

---

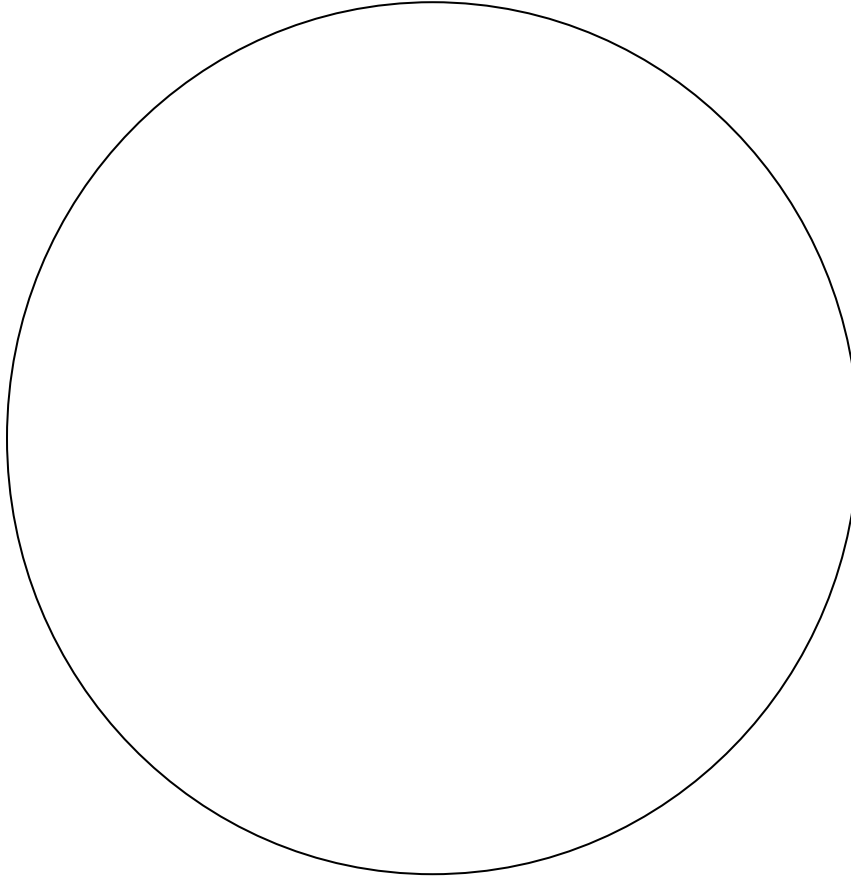
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## MyPlate: Colorado Wildlife #2

**MyPlate for** \_\_\_\_\_

Your Colorado Animal

1. Transfer your animal's food groups and diet to the animal MyPlate below. Make sections for the food groups, label them, and fill in the names of the specific foods that fit into each group. You may also draw the foods if you have time.



2. Could you survive on your animal's MyPlate? Why or Why not?

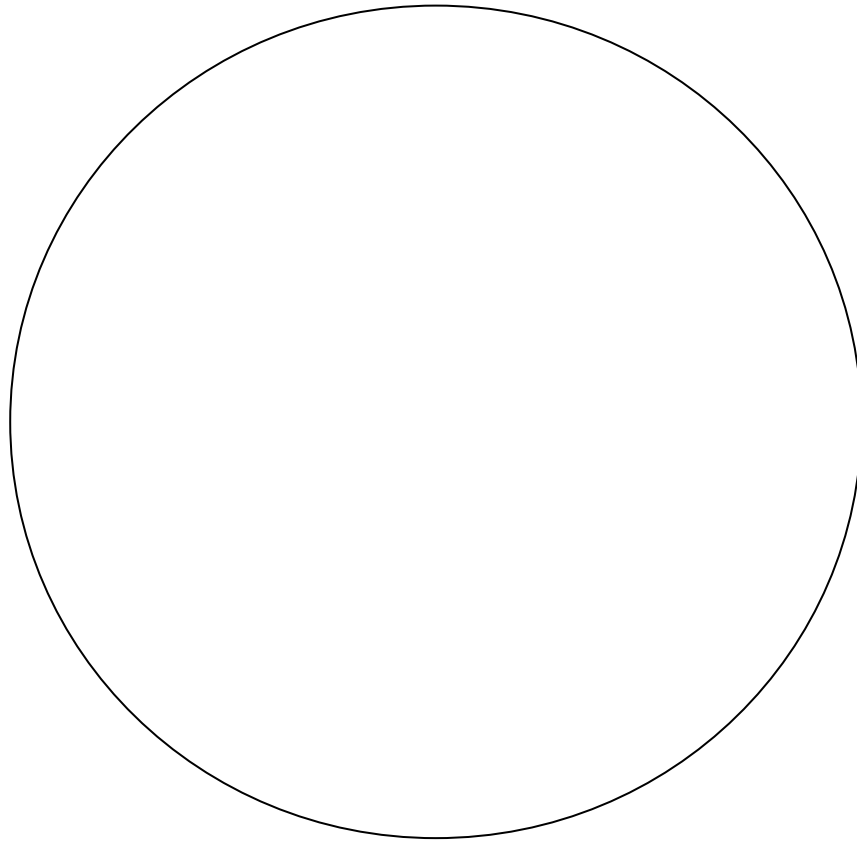
3. What else would you need to eat in order to be healthy?

## MiPlato: Fauna de Colorado #2

**MiPlato de** \_\_\_\_\_

Tu Animal de Colorado

1. Escribe los grupos de alimentos y la dieta de tu animal en éste plato. Haz las líneas para cada grupo de alimentos, nombra los grupos, y escribe los nombres de las comidas que come tu animal en cada grupo. Puedes dibujar las comidas si tienes tiempo.



2. ¿Pudieras sobrevivir con la dieta de tu animal?

3. ¿Qué otra comida tienes que comer para estar saludable?



## Bighorn Sheep

The Bighorn sheep is Colorado's official state animal. It is found only in the Rocky Mountains, usually above timberline (where trees stop growing) in rocky areas and in canyons. The male weighs up to 300 pounds, and the female is slightly smaller. Bighorn sheep have great balance and can move easily on

rocks and cliffs. They were named for their huge curling horns, which, unlike antlers, do not fall off. A male's horns can get as heavy as 50 pounds! When they compete for mates, the rams (males) sometimes run toward each other at speeds of up to 55 miles per hour, and knock their horns together, which makes a loud clacking sound. To protect their brains, bighorns have double-layered skulls with an inch of spongy material between the layers.

The bighorn sheep eats grasses, sedges (similar to grass), and other plant material. They also eat small amounts of dirt in order to get the minerals that they need, like salt. Their predators (animals that eat them) include mountain lions and birds of prey, like eagles.



## Mule Deer



Mule deer live all over Colorado, including on the grassy plains, in aspen and pine forests, and on mountains above timberline (where trees stop growing). The males (called bucks) can get up to 400 pounds and have antlers that look like branches. The females (called does) weigh up to 180 pounds. Mule deer have long ears that look kind of like a mule's ears.

Mule deer eat a variety of vegetable matter. In the summer they eat fresh green leaves, twigs, lower branches of trees, and different kinds of grasses. They especially like the leaves of mountain mahogany and chokecherry trees, as well as blackberry and raspberry vines, grapes, mistletoe, mushrooms, and ferns. They also eat sagebrush and other herbs that grow in the forest. Apples are sometimes treats. Mule deer are such careful eaters that they are able to pick and eat the fruit of a cactus! In the winter the deer must eat things like twigs and bark from Douglas fir, cedar, aspen, willow, dogwood, and juniper trees. Because it is hard for mule deer to find enough food in the winter, they sometimes starve--especially the babies, which are called fawns.

Mule deer predators (animals that eat them) include bobcats, mountain lions, golden eagles, coyotes, and bears.





## El Bighorn Americano

El Bighorn Americano (Cabra de Montaña) es el animal de Colorado. Se encuentra solamente en las Montañas Rocosas, usualmente se encuentra más alto del límite de los árboles (donde los árboles no puede sobrevivir), en terrenos rocosos y en cañones. El macho puede pesar 300 libras, y las hembras pesan un poco menos. Los Bighorns tienen balance excelente y pueden moverse con facilidad en rocas y peñascos. Los nombraron por sus cuernos gigantes y curvados que, a diferencia de las astas, no se mudan. ¡Los cuernos de un macho pueden pesar 50 libras! Los carneros (machos) compiten por las hembras para aparearse, y corren de cabeza uno contra el otro a velocidades hasta 55 millas por hora, chocándose ruidosamente con los cuernos. Para proteger los cerebros, los bighorns tienen una calavera de dos capas, con una pulgada de material esponjada entre las capas.

Los bighorns comen varios pasto y otras comidas de planta. También comen un poco de tierra para obtener los minerales que necesitan, como sal. Sus predadores (animales que los comen) incluyen los leones de montaña y aves de rapiña, como las águilas.



## El Venado (Ciervo)



Los venados (ciervos) viven por todas partes de Colorado, incluso en las praderas, los bosques de coníferas y de álamos, y se encuentran más alto del límite de los árboles (donde los árboles no puede sobrevivir). Los machos (llamados gamos) pueden pesar hasta 400 libras y tienen astas que parecen ramas. Las hembras (gamas) pesan hasta 180 libras. Los venados mulas tienen orejas largas que parecen las orejas de una mula.

El venado come una variedad de comida de origen planta. En el verano come hojas tiernas, palitos, ramas bajas y varios pastos. Especialmente le gusta comer las hojas de; árbol caoba y del cerezo silvestre, además las parras de mora y frambuesa, uvas, muérdago, hongos y helechos. También come salvia y otras yerbas que crecen en el bosque. A veces tiene el placer de comer manzanas. El venado es tan cuidadoso en comer ¡que puede agarrar y comer la fruta de un cacto! En el invierno el venado tiene que comer cosas duras como palitos y la corteza de los árboles como el abeto, cedro, álamo temblón, sauce, cornejo y otros árboles. Porque se les hace difícil encontrar suficiente comida durante el invierno, a veces se mueren de hambre--especialmente los bebés, que se llaman cervatos.

Los predadores de los venados (los animales que los comen) incluyen los gatos monteses, leones de montaña, águilas reales, coyotes y osos.

## Mountain Lion



Mountain lions may live anywhere in Colorado where there is brushy plant cover or forest, but they prefer rocky canyons and the foothills of the Rockies. The largest cats in Colorado are around six feet long. Males weigh up to 210 pounds, and females can be as heavy as 140 pounds.

You may have heard some of the other names for mountain lions: cougar, puma, panther, and catamount.

The mountain lion is a great hunter. Because it doesn't have large lungs, it can't run very fast for long distances, so it is good at hiding and then pouncing on its prey unexpectedly. Mountain lions mostly eat deer. They also will eat elk, bighorn sheep, porcupine, and smaller mammals (including pet dogs and cats). Adults eat about one deer per week. The mountain lion will stuff itself with the dead animal--sometimes eating as much as 20 to 30 pounds in one sitting! Then the cat will cover the leftovers with pine needles and branches while it rests and digests for several days.



## Bald Eagle

Bald eagles are large birds of prey; some with a wing span of more than three feet. They often live near streams, rivers, lakes, and reservoirs, and sometimes in drier areas like grasslands near prairie dog towns. Because the bald eagle is our national symbol, many of us recognize its dark feathers, white head, yellow beak, and large talons (claws).

Bald eagles have one mate for life. Many eagle pairs come to Colorado in the fall and stay through the winter. Some stay all year long. Eagle pairs make giant nests in trees, often near water. The nests can get as high as six feet and as wide as ten feet! While bald eagles once were an endangered species, they now are doing much better.

Eagles mostly eat fish, but carrion (dead animals) and small mammals like rabbits and prairie dogs can also be part of their diet.



## León de Montaña

Los leones de montaña pueden vivir en cualquier parte de Colorado donde hay chaparral o bosque, pero prefieren estar en los cañones rocosos y al pie de las Montañas Rocosas. Los felinos más grandes de Colorado miden 6 pies de largo. Los machos pesan hasta 210 libras y las hembras pueden pesar 140 libras. Es posible que hayas oído otros nombres para el león de montaña: puma, pantera, guazuará y cougar en inglés.

El león de montaña es un gran cazador. No tiene pulmones grandes y no puede correr rápidamente por largas distancias, pero si puede esconderse, acechar (acercarse silenciosamente) y asaltar a su presa. Los leones de montaña principalmente comen venados. También comen antílopes, cabras (bighorn americanos), puercoespines, y mamíferos más pequeños (incluso las mascotas como perros y gatos). Los adultos comen por los menos un venado a la semana. El león de montaña se llena después de la caza, a veces se come de 20 a 30 libras a la vez. Después de comer, el felino cubre los desperdicios con pinos y ramas mientras que descansa y hace la digestión por muchos días.



## El Águila Calva

Las águilas calvas son grandes aves de rapiña, algunas con una extensión de alas de más de tres pies. A menudo viven en las praderas cerca de las "ciudades" de los perrillos de la pradera. Como nuestro símbolo nacional, muchas personas reconocen su plumaje oscura, cabeza blanca, pico amarillo y garras largas.

Las águilas calvas conservan la misma pareja por toda la vida. Muchas parejas de águilas calvas vienen a Colorado en el otoño y pasan el invierno aquí. Otras permanecen en Colorado todo el año. Las águilas suelen hacer sus nidos gigantes en árboles, cerca de agua. Su nido es uno de los mayores que existen, ¡a veces mide seis pies de altura y diez pies de ancho! Las águilas calvas estuvieron amenazadas por mucho tiempo, pero ya no están en peligro.

Las águilas principalmente comen peces, pero su dieta también incluye carroña (animales muertos), y mamíferos pequeños como conejos y perrillos de la pradera.



## Black Bear



Black bears live in the woods and brushy areas in the middle and western parts of Colorado, including in the foothills and the mountains. They are Colorado's largest wild animal, with males weighing up to 350 pounds and females weighing up to 215 pounds. On their hind legs they can be between four to six feet tall!

Since black bears are so big, they need to eat a lot, so it's a good thing that they're not picky! They will eat just about anything, including carrion (dead animals), fruit (like blueberries and raspberries), starchy roots, nuts, honey (bees, honey comb, and wax, too), young deer and elk, birds, eggs, and insects. About 90% of their diet comes from plants (which means that they eat mostly fruits and vegetables). Bears are not threatened by any other animals except humans.

The black bear hibernates in the winter, going to sleep in its den (in a cave, a hollow tree, or a riverbank). During this time the bear doesn't get up to find food or even to go to the bathroom! Its heart beats more slowly, and it doesn't use much energy. But in order to get ready for hibernation, the bear has to gain a lot of weight in the fall. It gains up to 30% of its normal body weight in fat! To do this it has to eat about 20,000 calories per day in the fall, which is around ten times as much as a person eats per day!

## Striped Skunk



The striped skunk is happy living in many different habitats in Colorado. Usually skunks are around two to three feet long and weigh six to twelve pounds. The skunk's black fur and white stripes down the back help to warn animals away. If they don't stay away, they will end up getting sprayed. A skunk's awful-smelling spray can travel up to twelve feet! It also causes temporary blindness and interferes with breathing so the skunk has a chance to escape danger. Interestingly, skunks do not spray each other, even if they are fighting.

Striped skunks borrow dens from other animals like foxes or raccoons. Sometimes they will dig their own. When the sun goes down striped skunks come out of their dens to forage for food. Their diet is made up mostly of animals like grasshoppers, beetles, snakes, frogs, lizards, mice, birds that nest on the ground, bird eggs, and earthworms. About twenty percent of what skunks eat includes roots, mushrooms, grains, fruit (like berries), and vegetables.

Because of their spray, skunks don't have many predators. The spray, though, does not bother the great horned owl, and so it hunts skunks at night. Many skunks are killed by cars.



## El Oso Negro



Los osos negros viven en los bosques y en el chaparral en el centro y al oeste de Colorado, incluso en las montañas y al pie de las montañas. Es el animal salvaje más grande de Colorado. Los machos pesan hasta 350 libras y las hembras hasta 215 libras. Parados en sus patas traseras ¡alcanzan entre cuatro y seis pies de altura!

Por ser tan grandes, los osos negros tienen que comer mucho. Qué suerte que comen casi de todo. Comen carroña (animales muertos), fruta (como bayas), nueces, miel, venados y antas jóvenes, aves, huevos e insectos. Aproximadamente 90% de su dieta viene de plantas (significa que comen por la mayor parte frutas y verduras). Los osos no se sienten amenazados por otros animales, a excepción de los seres humanos.

El oso negro hiberna en el invierno, durmiéndose en su guarida (una cueva, el hueco de un árbol, o a la orilla de un río). Durante este tiempo, el oso no se levanta para buscar comida, ni para hacer sus otras necesidades. Su corazón late más lentamente, y no usa mucha energía. Pero para prepararse para la hibernación el oso tiene que subir mucho de peso en el otoño. ¡Sube hasta 30% de su peso normal en reserva de grasa! Para subir tanto, tiene que comer aproximadamente 20,000 calorías al día en el otoño, ¡que equivale diez veces la cantidad que come una persona al día!



## El Zorrillo Rayado

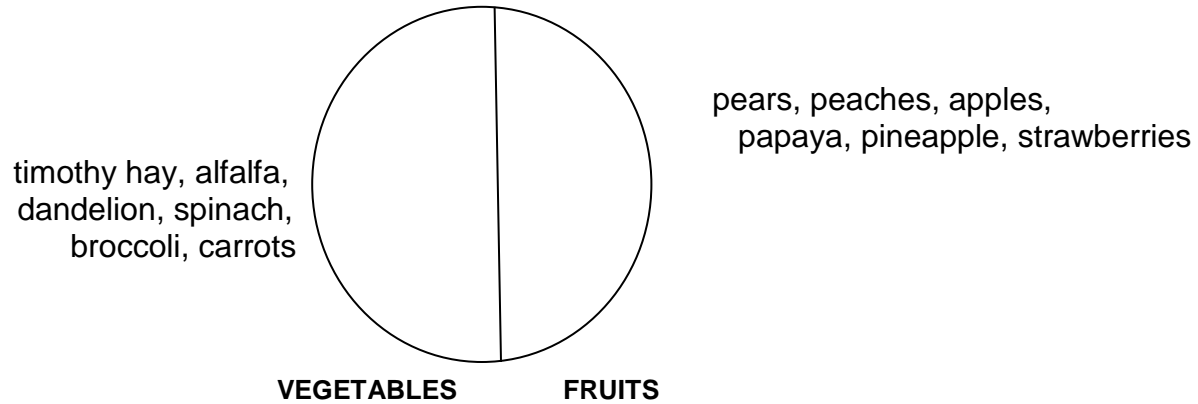
El zorrillo rayado está a gusto en varios hábitats de Colorado. Ellos normalmente miden dos o tres pies y pesan de 6 a 12 libras. El pelaje negro con rayas blancas en el lomo sirve de advertencia a otros animales. Si no se alejan del zorrillo, este les disparará un chorro de líquido ardiente y maloroso en su cara. El líquido, que puede viajar hasta 12 pies, puede dejar a su víctima ciega y sin aliento por un breve período de tiempo, dándole una oportunidad al zorrillo de escaparse. Los zorrillos nunca se disparan uno al otro, incluso cuando se pelean.

Los zorrillos usan las madrigueras abandonadas de otros animales como zorros o mapaches. A menudo escarban una para ellos mismos. Al oscurecer, salen los zorrillos en busca de comida. Se alimentan de otros animales como saltamontes, escarabajos, serpientes, ranas, lagartijas, ratones, aves que anidan en la tierra, huevos y lombrices. Aproximadamente 20% de lo que comen los zorrillos es de origen planta, como raíces, hongos, cereales, frutas (como bayas) y verduras.

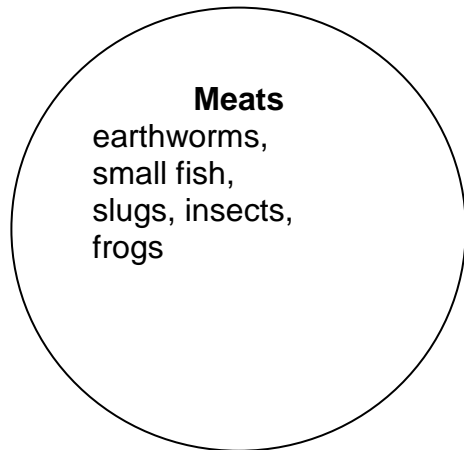
Los zorrillos no tienen muchos predadores, por su defensa natural del rocío. Sin embargo, el líquido no afecta al búho orejón, que caza a los zorrillos de noche. El predador más peligroso para el zorrillo es el carro.

# Rabbit, Snake, and Dog MyPlates

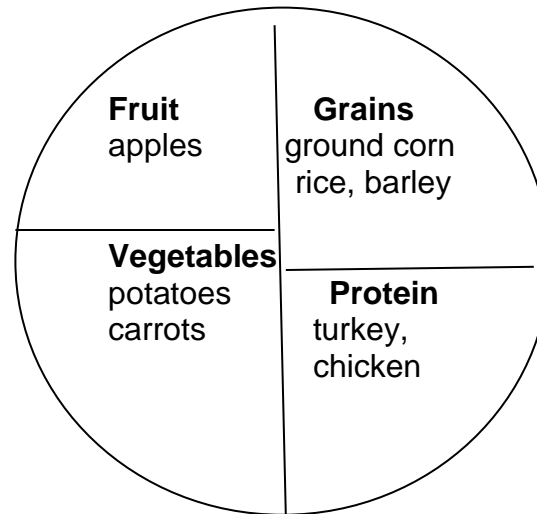
(teacher only)



## Rabbit MyPlate (herbivore)

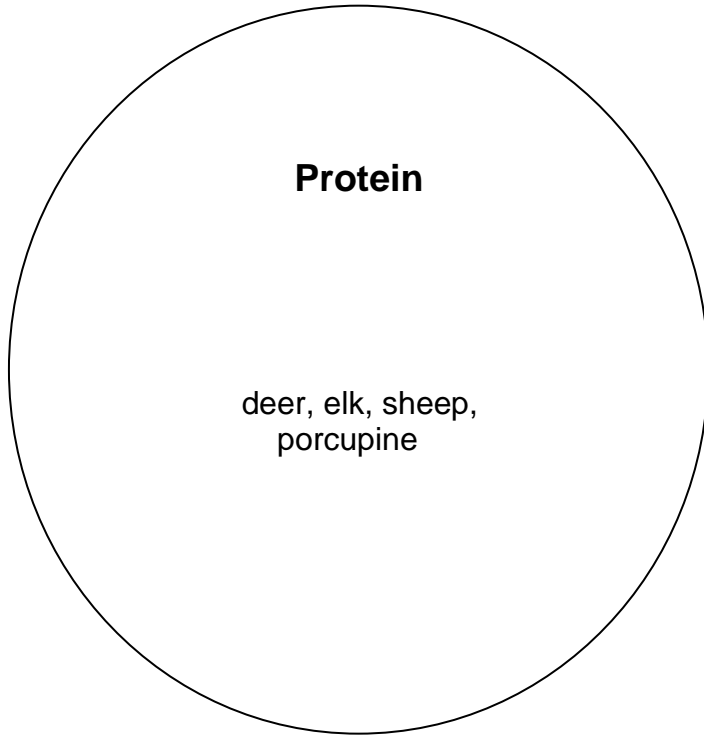


## Snake MyPlate (carnivore)

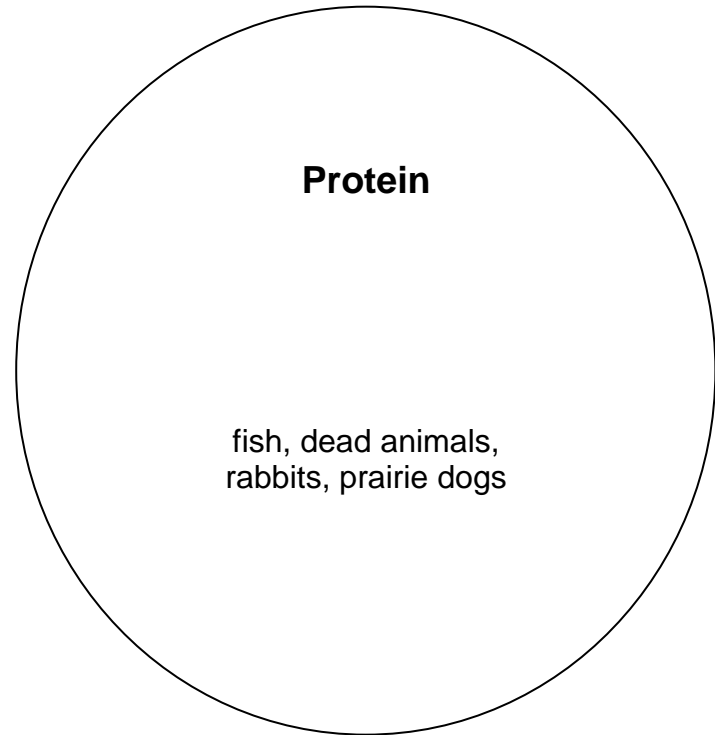


## Dog MyPlate (omnivore)

**Carnivores**  
(teacher only)



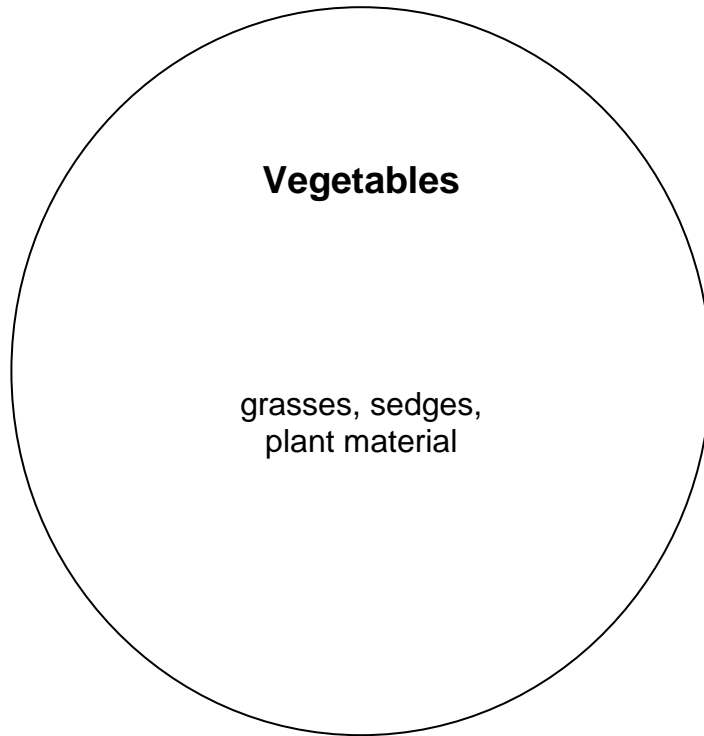
**Mountain Lion MyPlate**



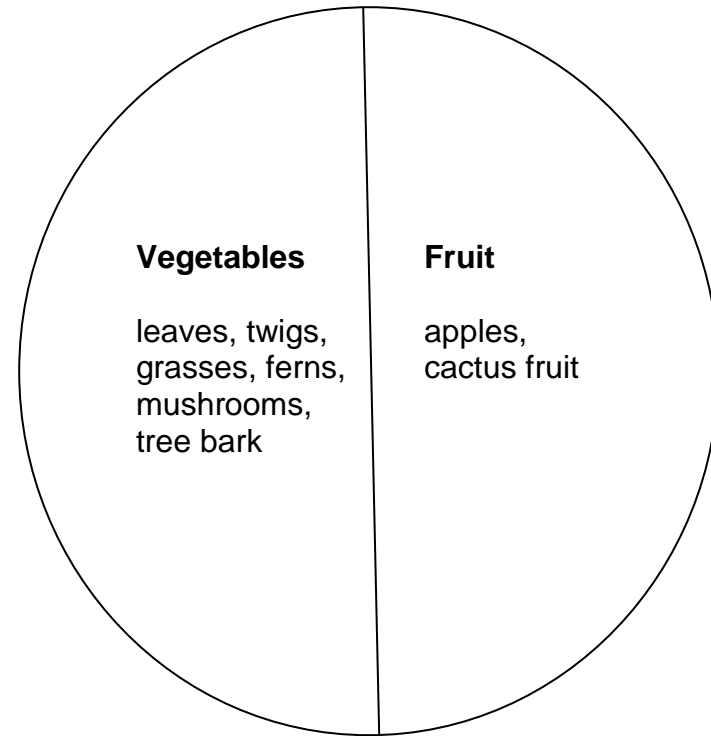
**Bald Eagle MyPlate**

# Herbivores

(teacher only)



**Bighorn Sheep MyPlate**



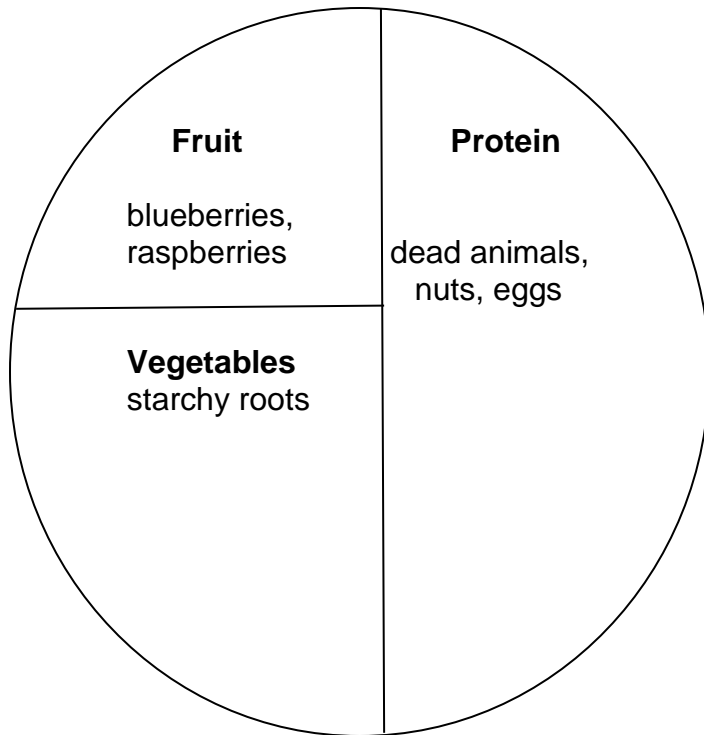
**Mule Deer MyPlate**



# Omnivores

(teacher only)

## Black Bear MyPlate



## Striped Skunk MyPlate

