



**Why do
we eat?**

Our bodies need ENERGY to move and to grow. Our bodies use up lots of energy all the time, even when we are sitting still. We get the energy we need from FOOD.

If we don't eat, our body does not get the energy it needs to carry out all its functions. We have to eat the right foods too. If you don't eat properly, you can start to feel tired and ill. This is because your body is not getting the nutrients it needs to stay healthy.



This family is eating a very healthy meal with a variety of different types of food. Can you see what they are eating?



**All animals, not just humans, need to eat to survive.
Different animals need to eat different things to get the
right nutrients they need to stay healthy.**



sheep



sparrow

**What do you think might be
similar or different about the diet
of these two animals?**





frog



dolphin



What about these two animals?
What do you think might be
similar or different about their
diets?

herbivore

carnivore

omnivore

Do you know
what these terms
mean?



herbivore	carnivore	omnivore
An animal that eats plants.	An animal that eats other animals.	An animal that eats both other animals and plants.

Can you think of any animals that are herbivores, carnivores or omnivores?



How can we find out what an animal eats if we are not sure?

Your task

Task 1

Research what various animals eat using IPads. Construct a table of your choosing in your books to effectively sort the animals into Omnivores, Herbivores and Carnivores

Task 2

Now you have classified the animals that you have researched, using your findings, give a definition for what you think it means to be an Omnivore, Carnivore and Herbivore.

