

Healthy Pets Healthy Families Coalition
School Based Educational Presentation
Title: Keeping Your Pet Fit: Food and Play
Grade Level: K- 2nd grade

Demonstration – items to gather before talk:

2 pet food bowls, Measuring cup, Coffee Can or other large metal can, Dry beans, pet food bag or box

Speaker Notes:

Slide 1: Title of talk: “Keeping Your Pet Fit: Food and Play”

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: exercise and healthy food

Slide 3:

What do dogs and cats eat? Just like us, they may eat things they shouldn't, but what should they eat?

Should we feed these foods to pets? Yes or No

(Show various people and pet foods and have the students indicate yes or no to feed the pet.)

Slide 4:

Have you ever fed a dog or cat?

- for a student that says yes, ask: “How much did you give them?”

Should all pets get the same amount? (students should say no)

Slide 5:

Bigger dogs need more food than little dogs. If you feed a chihuahua the same amount as a large dog, they will get very sick and will get overweight. Each pet needs a special amount of food.

Slide 6:

(Demonstration: Measuring cup, coffee can, dry beans or kibble, 2 food bowls)

You are told your dog needs a cup of food.

Which cup are you going to use? (show measuring cup and coffee can)

Are they the same? (No)

What will happen to your pet if you use the coffee can to put a “cup” of food in their bowl?

(Demonstration: Put beans/kibble in the measuring cup and pour in the bowl. Then put beans/kibble into the coffee can and put it into the other food bowl.)

A cup is not always a cup. You need to use a measuring cup to make sure you are giving the right amount of food to your pet.

Your parents can read the label on the pet food container to find how much your pet should be given.

Slide 7:

Just like us, pets will eat more than they need. This can lead to them getting sick or overweight.

You can help them by only feeding them what they need, not what they want.

Don't give table scraps of too much pet food or treats.

Help them stay healthy.

Slide 8:

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

dogs – walk them, play with them, run with them, play ball or fetch

cats – give them toys, play with string or feather toy

Slide 9:

Here are some pictures of pets. Can you tell me if they are overweight/

(Show pictures – have children say yes or no.)

Slide 10:

How can you tell if your pet is overweight?

You should be able to feel the pets ribs but not see them.

The pet will have a waist and not be shaped like a ball.

Checking their weight over time is also a good way to see if they need to lose weight or not.

Slide 11:

Now let's practice what we have learned.

Students should have them measure cup or can of beans and put the beans in a pet food bowl so they can see that the size of the measuring cup matters. Also, show them where on the pet food bag it says how much to feed the dog or cat.