

TEACHING KATE
TEACHING KIDS ABOUT THE ENVIRONMENT
NOT IN MY TRASH CAN
INTERDISCIPLINARY UNIT BETWEEN SCIENCE AND HOME ARTS

Grade Level: 6

Time Required: 1 class period

SC Science Standards

This lesson plan was correlated with only the grade level specified unless otherwise noted.

Grade 5:

- I. A. 4. a
- II. B. 4. c, d

Grade 6:

- I. A. 7. a

Purpose

Students will become aware of the re-useable food scraps in their homes that could nourish the bird population around their homes or school during the fall and winter months. They will prepare a suet mixture and establish bird feeding sites.

Skills

Application, comparison, interpretation, small group cooperation.

Concepts

Food scraps as nutrition source for birds; nutritional requirements of birds; benefits of recycling.

Materials Needed

Choose food items that are easy for you to find.

Suet/Solid Fat	Peanuts	Sunflower Seeds
Broken Cookies	Bread Crumbs	Stale Cheese
Stale Cake	Cooked Rice	Cooked Spaghetti
Uncooked Pastry Dough	Bacon Rinds	Orange Half
Grapes	Bananas	Nuts
Cornmeal	Suet Holder	Mesh Bags
Platform Feeder	Peanut Butter	Oats
Raisins		

Definition of Terms

Suet Mixture Solid fat, melted down and mixed with nuts, seeds, corn and other foods eaten by birds. The mixture is then formed into a stick or ball.

Windfall Fruit Fruit dropped or knocked from a tree or other plant by the wind.

Before the Session

Gather all the necessary food supplies and holders.

Background Information

After completion of “Birds of S. C.” from Project Wild (Ornithology) students will look at conservation measures regarding reusable food sources in their homes that could be used to nourish birds during severe weather.

Students should be aware of the fact that during the spring and summer months, birds have an abundant food supply. They feed on insects, seeds and berries. During the fall and winter months they may need help supplementing their diet. Table scraps and suet mixtures could be beneficial to the birds.

Scraps and leftovers from the kitchen are the less expensive food sources for birds. The use of table scraps saves the waste of trashing them and cuts down on the use of expensive commercial seed mixtures. Scraps are often rich in carbohydrates and fats which help birds build up body fat for surviving winter cold, for migration and for nesting.

Windfall fruit attracts birds as well as insects and fruit is an important energy source in the diet of many birds.

Suggested Lesson Plan

1. Review with students the reasons why it is helpful to feed birds especially during the winter.
2. Discuss the different food types for birds and the nutritional value of each type.
 - a. Grains and seeds (provide fats, carbohydrates, oils, minerals and vitamins.)
 - b. Kitchen scraps (often rich in carbohydrates and fats.)
 - c. Fruits (provide birds with energy.)
 - d. Peanut butter mixtures (provide protein.)
 - e. Suet mixtures (provide fats, carbohydrates and protein.)

3. Recipe for a suet mixture:

8 oz. solid fat	4 oz. bacon rinds
4 oz. nuts (peanuts, seeds, almonds)	4 oz. cooked rice
4 oz. stale cheese	

Melt suet/fat. Stir in all ingredients. Pour mixture into a can or other container and leave to cool and set. Turn out solid mixture and put in a suet holder or mesh bag.

4. Recipe for a peanut butter mixture:

8 oz. suet/fat	8 oz. peanut butter
48 oz. cornmeal	

Melt suet. Stir in peanut butter and cornmeal. You may now add raisins, nuts, seeds, stale cheese or stale cake. (Whatever is handy. Form into a stick or ball. Place in a mesh bag.

5. Make a suet mixture.
6. Have students hang mixtures in the trees surrounding the school grounds.

Resources Available

National Audubon Society North American Bird Feeder Handbook: The Complete Guide to Attracting, Feeding and Observing Birds in Your Yard. 1992. R. Burton. Dorling Kendersley.

Prepared by: Lynn Copeland

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WORKSHEET

Name:

Date:

- I. List five food items eaten by birds:
- A. _____ D. _____
- B. _____ E. _____
- C. _____
- II. Windfall fruit is an important source of _____ for birds.
- III. What kinds of foods may be added to the peanut butter mixture?
- A. _____
- B. _____
- C. _____
- IV. During the spring and summer months birds have an abundant supply of food because they eat _____, _____ and _____.
- V. Table scraps provide a/an _____ way to feed birds, especially during the winter and fall months.

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WORKSHEET — TEACHER'S GUIDE

Name:

Date:

I. List five food items eaten by birds:

A. seeds

D. bacon rinds

B. fruit

E. cooked rice

C. nuts

(answers may vary)

II. Windfall fruit is an important source of energy for birds.

III. What kinds of foods may be added to the peanut butter mixture?

A. raisins

B. oats

C. stale cheese

(answers may vary)

IV. During the spring and summer months birds have an abundant supply of food because they eat insects, seeds and berries.

V. Table scraps provide a/an less expensive way to feed birds, especially during the winter and fall months.