

MyPyramid: Colorado Wildlife

5th Grade

Nutrition Objectives:

- Students will learn that MyPyramid is a guideline for healthy eating, which foods fit into each food group, and that each group is important for our health.
- Students will learn about and compare healthy human diets to diets of Colorado wildlife in the categories of herbivores, carnivores, and omnivores.
- Students will learn that eating foods from each food group helps them stay healthy.

Colorado Content Standards	Application of Standard
<p>Science Standard 3: Life Science: Students know and understand the characteristics and structure of living things, the processes of life, and how living things interact with each other and their environment.</p>	<p>Students will:</p> <ul style="list-style-type: none"> ▪ learn the meanings of herbivore, carnivore, and omnivore by examining diets of household pets and Colorado wildlife; ▪ compare and contrast the nutritional needs of Colorado wildlife with those of humans by noting similarities and differences in animal and human food guide systems. ▪ understand the basic food requirements in MyPyramid by comparing the human MyPyramid to food guide systems created for Colorado wildlife (herbivores, carnivores, and omnivores).
<p>Literacy Standard 1: Students read and understand a variety of materials.</p>	<p>Students will:</p> <ul style="list-style-type: none"> ▪ I use background knowledge of household pets to understand the herbivore, carnivore, and omnivore categories; ▪ compare and contrast various animals' diets and their food guide systems with MyPyramid. ▪ read the animal passages

	<p>carefully for information about diet;</p> <ul style="list-style-type: none"> ▪ skim and scan the text for specific foods eaten by the given animal; ▪ use the information to determine if the animal is an herbivore, carnivore, or omnivore; ▪ fit diet information from the animal texts into food groups and food guide system graphic organizers.
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EQUIPMENT, INGREDIENTS AND TEACHER PREPARATION

Equipment and Ingredients	Teacher Preparation	Food Preparation
<ul style="list-style-type: none"> ▪ can opener ▪ 2 medium bowls ▪ 1 mixing spoon ▪ chef knife (teacher only) ▪ cutting board (teacher only) ▪ small paper plates* ▪ plastic forks* ▪ napkins* ▪ Romaine lettuce, bagged ▪ 1 bunch grapes ▪ 8 oz. plain yogurt ▪ 1/2 tortilla* ▪ 2-12 oz. cans chicken 	<ul style="list-style-type: none"> ▪ MyPyramid poster ▪ recipe copies* ▪ activity sheet copies (1 for every 2 students) ▪ text copies (1 for every 2 students) ▪ answer sheets copies (teacher only) ▪ Transparencies (optional) 	<ul style="list-style-type: none"> ▪ Open and drain canned chicken. ▪ Wash grapes and cut in half; put in a bowl. ▪ Have salad ingredients (chicken, grapes, and yogurt) ready to mix together. ▪ Have remaining bowl and mixing spoon ready to use. ▪ Cut tortillas in half and have lettuce and tortillas ready to pass out. ▪ Have small paper plates, plastic forks, and napkins ready to pass out to students.

*one per student

SET-UP

Work area:

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

Other-prep:

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

INTRODUCTION WITH STUDENTS

“Today we are going to review the MyPyramid graphic. What do you already know about the MyPyramid?” Use the poster to prompt them.

Help them recall all of the food groups in the pyramid and the different foods that fit in those groups. Remind them that the Meat and Beans Group has more in it than just meat. It also has poultry, fish, dry beans, eggs, nuts, and seeds.

“MyPyramid is a guideline for eating a healthy diet. Our bodies need a variety of foods to function properly. Eating a variety of foods from each food group will help you stay healthy.”

“The oil section of MyPyramid is yellow and is not one of the five major food groups. Salad dressings, vegetable oil, mayonnaise and margarine belong in this section. It is narrow because we need to eat only a small amount of oil for good health. The recipe for this lesson uses low-fat yogurt to bind the ingredients together instead of mayonnaise.”

Tell students that some foods such as soda pop, sugar, candy, and butter are not pictured in MyPyramid because they are not necessary for a daily healthy diet. Explain that the stairs and the person on the stairs represent the importance of "being active" for good health.

“Today we are going to create food guide systems for Colorado wildlife, and compare them with the human food guide system: MyPyramid. We will then eat a snack that includes all of the five food groups.”

Nutrition Behavior Focus

Tell students what healthy behavior you want them to practice outside of the classroom.

"Eat a variety of food every day."

PROCESS

- Step 1: Pair up the students and pass out "What Do Our Pets Eat?" to each pair. Have the "Rabbit, Snake, and Dog MyPyramid (teacher only) ready for reference. Read "A Pet Rabbit's Diet" to the class and have them follow along. Make sure students are aware that rabbits eat more of the foods in the beginning of the list of foods and less of the foods at the end of the list.
- Step 2: On chart paper, the board, or overhead projector draw a blank pyramid. Label it "Rabbit MyPyramid".
Important: Make the pyramid small enough so two other pyramids can fit on the same page or board.
- Step 3: Ask students if rabbits eat any foods from the Grains Group. Have them look at their rabbit food list. Ask if any of the foods are from the grains group and so on, moving through each of the 5 groups. Note that all foods in the list are either vegetables or fruits; grass and timothy hay would be considered vegetables. Then ask students from what food group rabbits eat the most (vegetable Group). Draw a line down the middle of the blank pyramid 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 (refer to teacher guide).
- Step 4: Have the students help you make a pyramid for the snake and the dog as well, using their food lists. Help students understand that all of the foods that a snake eats are considered meats so there is only one food group for the snake. Dogs on the other hand eat from all of the same food groups as humans, though they eat more from the Meat and Grains Groups and less from the Vegetables, Fruits and Milk Groups (refer to teacher guide).
- Step 5: Now ask students to follow along with you as you read the section on herbivores, carnivores, and omnivores. Ask students to answer the questions from the bottom of the section. Help them understand the difference between herbivores, carnivores, and omnivores. Remind

students that humans are omnivores because we eat foods from both plants and animals.

- Step 6: Tell students that each pair is going to make a "MyPyramid" 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 "MyPyramid for _____".
- Step 8: Tell students to start by reading their animal texts and filling in their "Food Groups for _____" activity sheet. Make sure they answer the questions at the bottom of the sheet. Tell students when they are finished doing the food groups they will need to make a pyramid for their animal and answer the questions at the bottom of the pyramid sheet. **Tip:** Walk around to help answer student's questions. Some animals' pyramids 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: Have students begin working. 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: Tell students that they are going to make a healthy snack called the "MyPyramid Chicken Salad Wrap" using food items from the five food groups. Pass out the recipe and read together as a class. Make the salad in front of the class. This chicken salad is made with yogurt and eating it will help them get their **3-A-Day** of Dairy.
- 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 the tortilla around the lettuce and chicken salad. Serve a small amount of the chicken salad (about 1 tablespoon) on top of each tortilla and lettuce on small paper plates and pass out to students along with plastic forks and napkins. Encourage them to try this new food. Eat and enjoy! Offer seconds to those who want more.
Tip: By serving a small amount, everyone will have a chance to try the new food and have the option to say either "I've tried it but I don't care for it." or "I've tried it and I liked it very much. I would like to eat more."
- Step 12: As the students eat their snacks have them talk about each of the foods in the snack and where they belong in MyPyramid. Remind students that they are omnivores and need to eat a variety of foods from all five of the major food groups.

Step 13: Have students present their pyramids and answers to the activity sheet questions to the class.

Step 14: Remind students to take their recipes home to share with their families.

Make it Happen!

Help students organize their thoughts on how they can eat a variety of food every day.

“The Chicken Salad Wrap has a variety of foods. How can you make and eat it at home? What foods can you choose and eat in the lunchroom to make sure you are getting a food from each food group? What can you eat for a snack and for dinner to make sure you are eating a variety of foods?”

MyPyramid Chicken Salad Wrap (5th Grade)

Ingredients:

Yield: 6-8 servings

2 cans chicken (10 ounce cans)
low-fat, plain yogurt (8 ounces)
red grapes (1 pound)
Romaine lettuce
tortillas

Directions:

1. Open and drain canned chicken.
2. Cut grapes in half or in quarters.
3. Put chicken 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!

**Eat a variety of foods every day
for good health!**

This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county social services office. This institution is an equal opportunity provider and employer.

Envuelta de Ensalada de Pollo (5er Grado)

Ingredientes:

Porciones: 6-8

2 latas de pollo (latas de 10 onzas)
yogur puro, bajo en grasa (8 onzas)
uvas rojas (1 libra)
lechuga romana
tortillas

Direcciones:

1. Abra la lata de pollo y escúrralo.
2. Corte las uvas en mitades o cuartas partes.
3. Ponga el pollo y el yogur en un plato hondo y revuélvalo bien.
4. Añada las uvas ya cortadas al plato y revuelva.
5. Ponga un pedazo de hoja de lechuga en una tortilla.
6. Ponga el pollo revuelto en la lechuga y enróllela.
7. ¡Coma y disfrute!

**¡Come una variedad de alimentos cada día
para una buena salud!**

Este material fue fundado por el Programa de Cupones para Alimentos del USDA. El Programa de Cupones para Alimentos provee asistencia nutritiva a gente con bajos recursos. Le puede ayudar a comprar comida mas nutritiva para una mejor dieta. Para obtener mas información, contacte a su oficina de servicios sociales. Esta institución ofrece oportunidad y empleo equitativo para todos.

What Do Our Pets Eat?

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

Omnivores: Plant- and meat-eaters

Are you an herbivore, a carnivore, or an omnivore?

Is a pet rabbit an herbivore, a carnivore, or an omnivore?

What about a pet snake? A pet dog?

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

**HUMANS NEED TO EAT FROM ALL OF THE FOOD GROUPS
IN ORDER TO BE HEALTHY!**

¿Qué Comen Nuestras Mascotas?

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

¿Eres tú un herbívoro, un carnívoro o un omnívoro?

¿Es un conejito un herbívoro, un carnívoro o un omnívoro?

¿Qué piensas de una culebra? ¿Un perro?

¿Puedes pensar en otros animales que son herbívoros, carnívoros o omnívoros?

¡LOS SERES HUMANOS NECESITAN COMER DE TODOS LOS GRUPOS ALIMENTALES PARA ESTAR SANOS!

MyPyramid: Colorado Wildlife (5th Grade)

Food Groups For _____

Your Colorado Animal

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

GRAINS

VEGETABLES

FRUITS

MILK

MEAT and BEANS

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

Mi Pirámide: Fauna de Colorado (5^o)

Grupos Alimentales de _____

Tu Animal de Colorado

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

GRUPO DE CARNE y FRIJOLES

GRUPO DE LECHE

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:

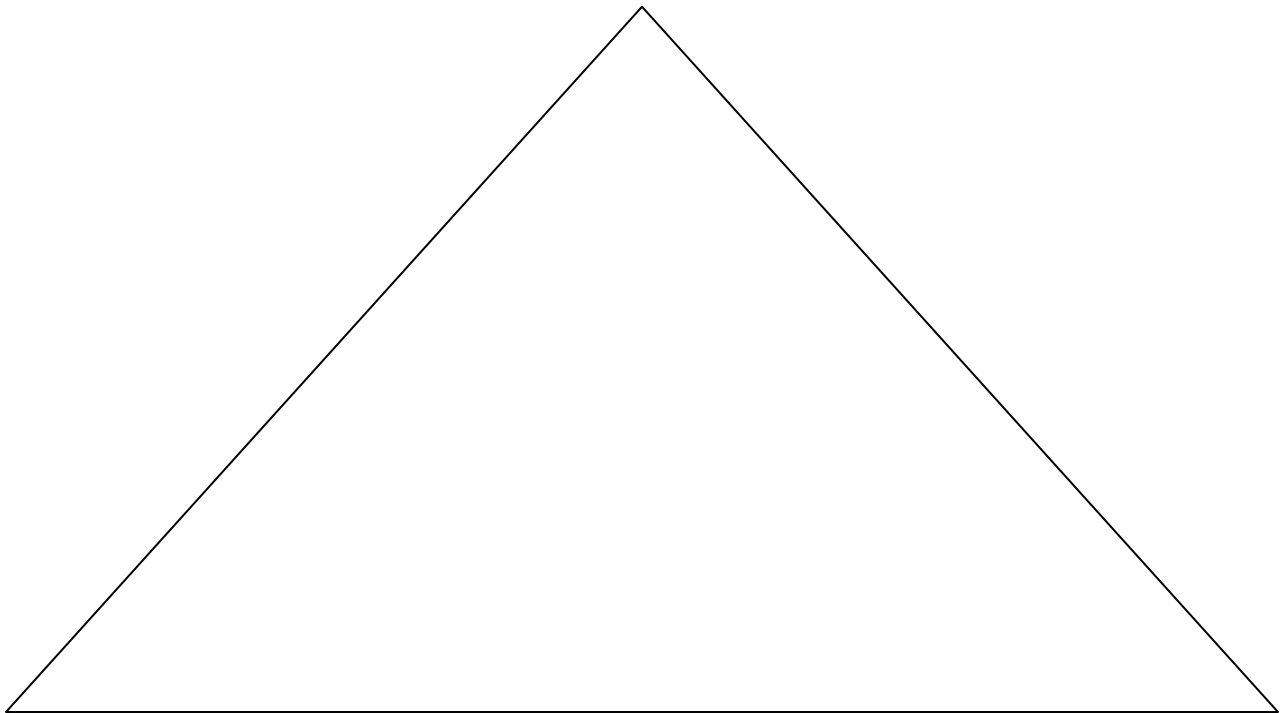
3. Mi animal es un **herbívoro**, **carnívoro** o **omnívoro** (encierra uno) porque:

MyPyramid: Colorado Wildlife (5th Grade)

MyPyramid for _____

Your Colorado Animal

1. Transfer your animal's food groups and diet to the Animal MyPyramid 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 MyPyramid? Why or Why not?

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

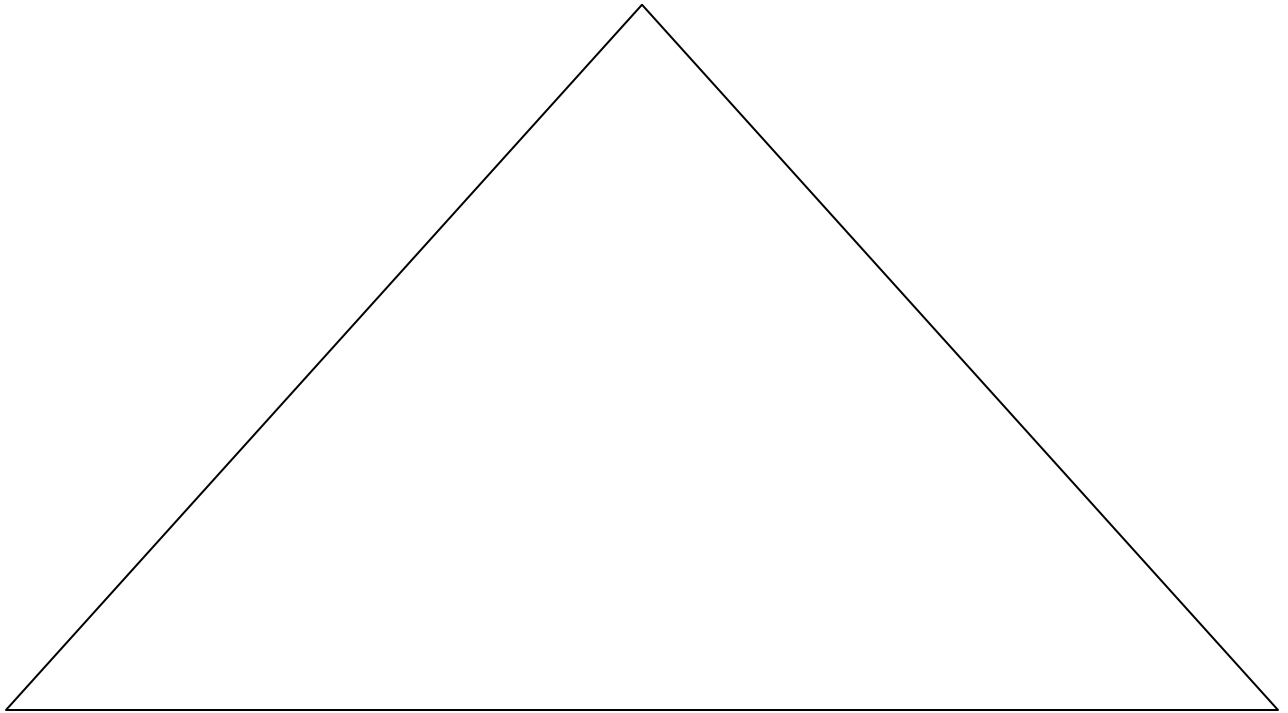
Mi Pirámide: Fauna de Colorado (5°)

Mi Pirámide de _____

Tu Animal de Colorado

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

Acuérdate: El grupo alimental del cual tu animal come la mayor parte deberá estar situado en la parte baja de la pirámide.



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

3. ¿Qué otra comida tuvieras que comer para estar sano?



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 es el animal estatal de Colorado. Se encuentra solamente en las Montañas Rocosas, usualmente 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 Mula



Los venados mulas viven por todas partes de Colorado, incluso en las praderas, los bosques de coníferas y de álamos, y 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 mula 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 mula 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 mulas (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 antas, bighorns 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 talones (garras) largos.

Las águilas calvas se aparean 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 prader.



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

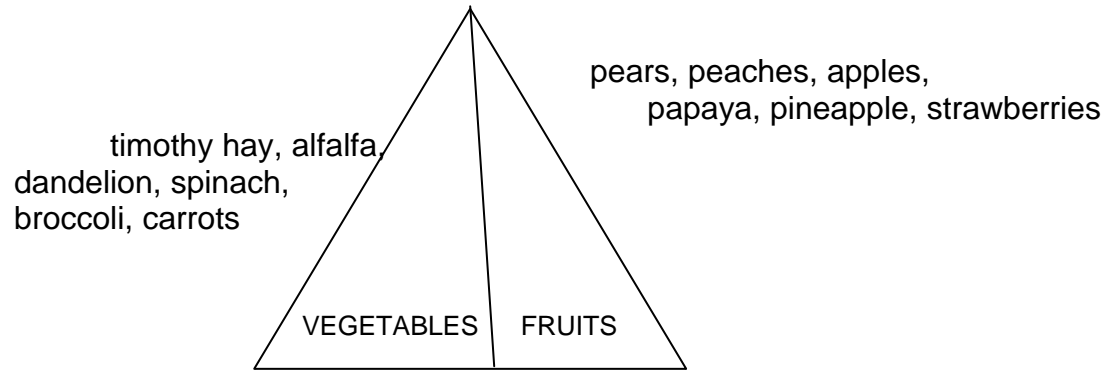
El zorrillo rayado está a gusto en varios hábitats de Colorado. Ellos normalmente miden dos o tres pies y pesan de 6 a 12 libras. El pelaje negro con rayas blancas en el lomo sirve de advertencia a otros animales. Si no se alejan del zorrillo, este les disparará un chorro de líquido ardiente y maloroso 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.

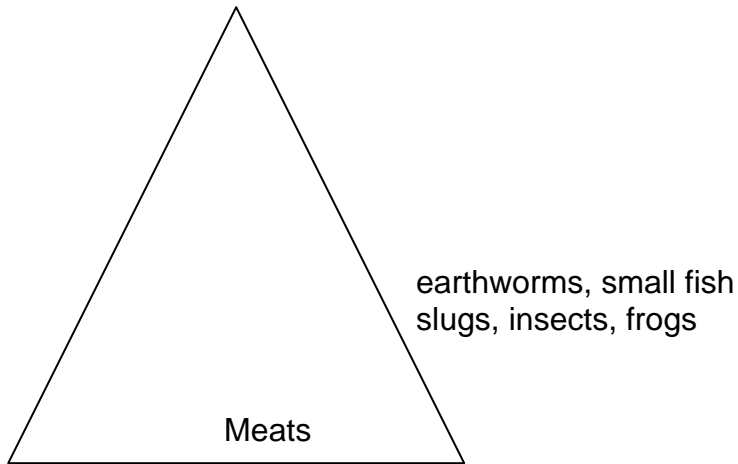
Los zorrillos no tienen muchos predadores, por su defensa natural del rocío. Sin embargo, el líquido no afecta al búho orejón, que caza a los zorrillos de noche. El predador más peligroso para el zorrillo es el carro.

Rabbit, Snake, and Dog MyPyramids

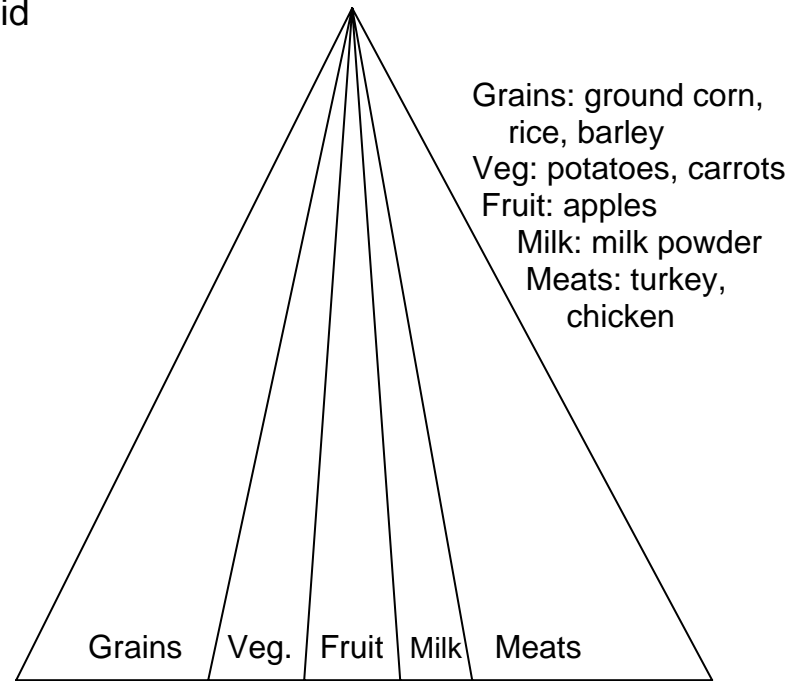
(teacher only)



Rabbit MyPyramid
(herbivore)

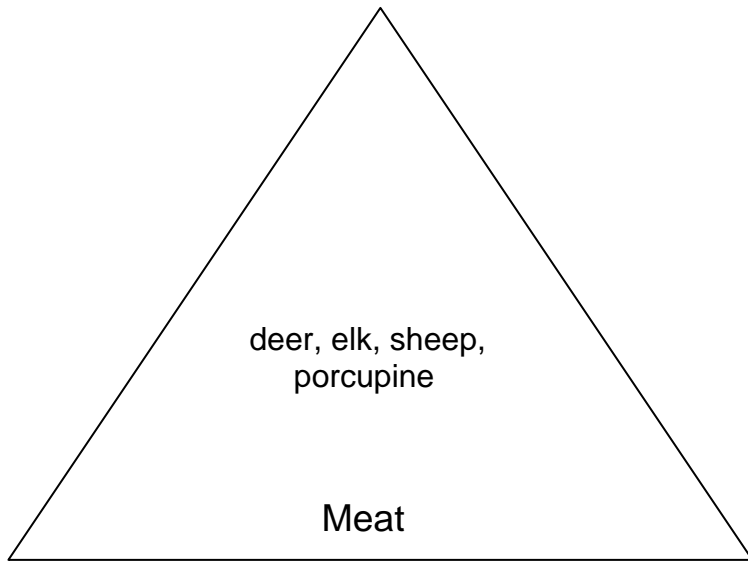


Snake MyPyramid (carnivore)

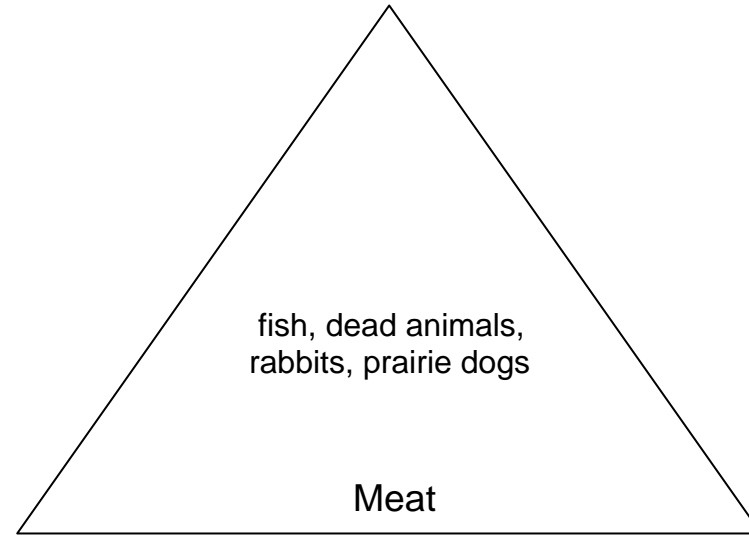


Dog MyPyramid (omnivore)

Carnivores (teacher only)



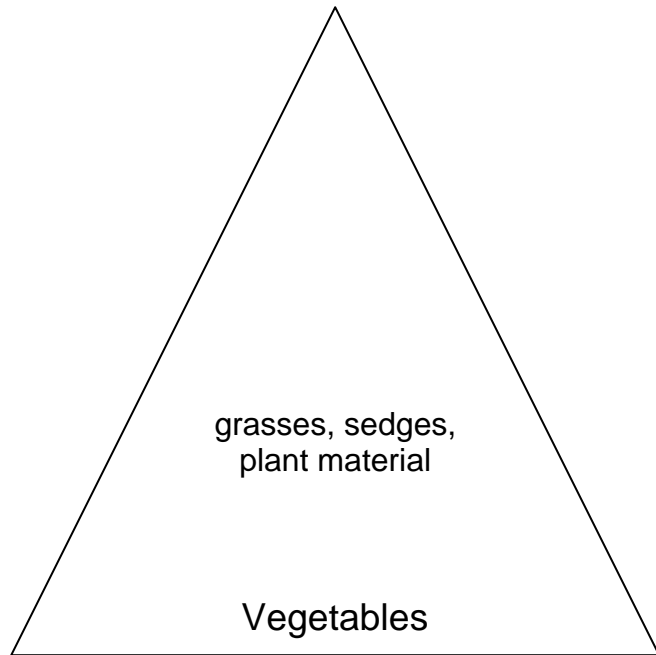
Mountain Lion MyPyramid



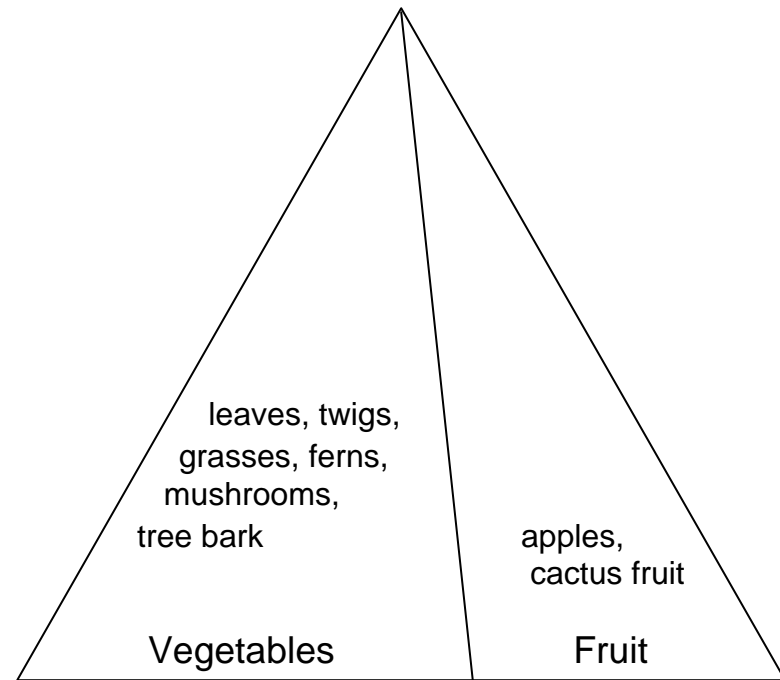
Bald Eagle MyPyramid

Herbivores

(teacher only)



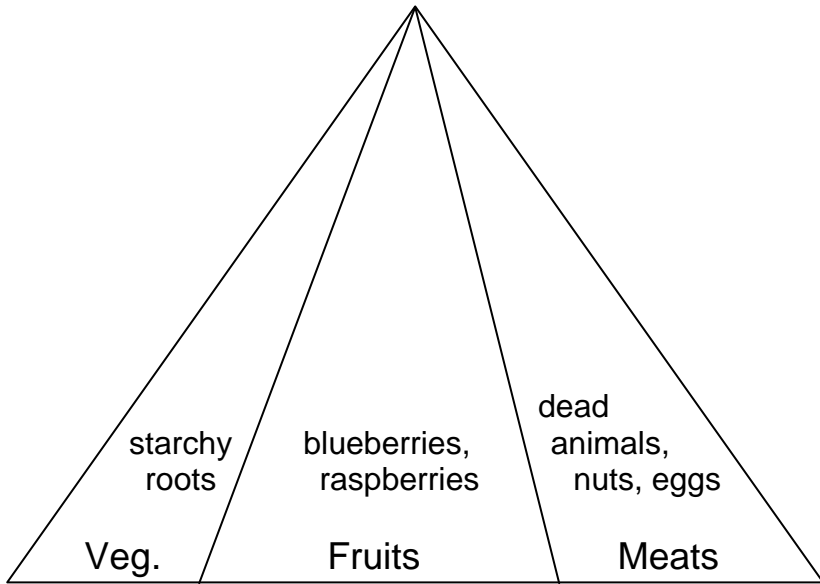
Bighorn Sheep MyPyramid



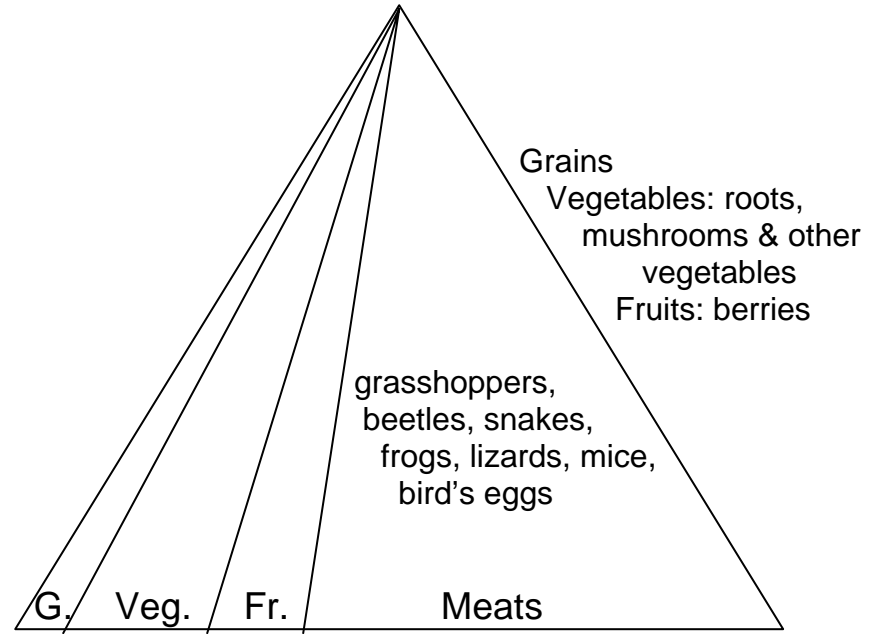
Mule Deer MyPyramid

Omnivores

(teacher only)



Black Bear MyPyramid



Striped Skunk MyPyramid