



Animal Nutrition

Science

Carnivores, herbivores and omnivores

Animals can be **carnivores** that eat meat, **herbivores** that eat plant parts, or **omnivores** that eat both meat and plant parts.



Tigers are carnivores.



Deer are herbivores.



Badgers are omnivores.

Humans can be **omnivores** because they can eat both meat and plants. Some people choose to eat other diets: vegetarians eat plant parts and animal products but no meat; vegans eat only plant parts and products made from plants.

Seasonal changes in wild animals








In the wild in the United Kingdom, animals' diets change over the year depending on the season. This is because certain foods become available and unavailable due to the weather and events that happen during spring, summer, autumn and winter.

Eatwell Guide



The Eatwell guide shows the proportions of foods from the five main food groups that humans should eat for a healthy, balanced diet. Sugary, salty and fatty foods are outside the Eatwell plate because they are not part of a balanced diet. Some humans do not eat this type of healthy, balanced diet. They either eat too much food, too little food or the wrong types of food. This can result in malnutrition, meaning poor nutrition, which causes health problems.

Balanced Diet

Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide energy
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide energy
vitamins		keep you healthy
minerals		keep you healthy
water		moves nutrients around your body and helps to get rid of waste

Glossary

Carnivores: animals that eat other animals e.g. lions.

Energy: strength to be able to move and grow.

Healthy: in a good physical and mental condition.

Herbivores: animals that eat only plants e.g. zebras or cows.

Nutrient: A substance that plants and animals need to grow, live and stay healthy, including vitamins and minerals.

Omnivores: animals that eat both plants and animals e.g. bears and humans.

Saturated fats: types of fats, considered to be less healthy, that should only be eaten in small amounts.

Unsaturated fats: fats that give you energy, vitamins and minerals.