

Lesson Plan – 5 Basic Kinds of Nutrition
Pony Club

Mary Wardrop – Mile Hi

Reference: USPC D Manual p.185

Materials: Examples of the 5 nutrients
Nutrition Worksheet

Introduction:

- Introduce yourself and meet other kids.
- Learn a little bit about them and how their day is going.
- State purpose of lesson.

Body:

Tell them there are 5 kinds of nutrients. See if they can think of one.

1. Water – Always have fresh clean water available unless horse is hot.
Electrolytes stimulate thirst.
2. Concentrates – More food value packed into smaller quantity.
ex: grain, mixed feed and pellets, supplements
3. Roughages – Bulky foods. Main part of horse's diet.
ex: hay, grass, beet pulp, hay cubes
4. Salt – Always have salt available. Prevents dehydration. Loose or block salt.
5. Succulents – Juicy foods.
ex: carrots, apples, grass

Go over some basic feeding rules.

- Feed small amounts often.
- Feed according to size, condition, temperment, and training.
- Make all feed changes gradually.
- Feed on a regular schedule.
- Learn your horse's eating habits.

Handout the worksheet and help them complete it.

Conclusion:

Now you know about the five kinds of nutrition.

Review- What are five kinds of nutrition?

What kind of nutrient is grain?

What are carrots and apples an example of?

Which nutrient should make up the largest part of the diet?

What should your horse always have available?

Thanks.