

# Basic Feeding

	Beginning	Intermediate	Advanced
1	Learn from a feed dealer how to understand and read the label.	Teach 2 dog owners how to read feed labels.	Learn how to understand the differences reading feed labels for dry and moist dog foods. Chart these differences. Teach 2 dog owners these differences.
2	For 1 week, record the amount of food your dog consumes (including treats). Calculate the calories per day. If that information is not available on the packaging, you may need to contact the company.	Learn how to calculate carbohydrates in dog food. Calculate them for 3 types of dry food and 3 types of moist food.	Learn how to evaluate the ingredients in a dry food, considering the wet weight, dry weight, and how product is broken down. Evaluate 5 different types of dry food, for example, weight loss, senior diets, etc.
3	Keep a record of your feeding routines for 30 days. Record the time of day, amount you fed, and amount your dog consumed. Also record any treats or other foods your dog consumes for 15 days.	Keep a record of your feeding routines for 30 days. Record the time of day, amount you fed, and amount your dog consumed. Also record any treats or other foods your dog consumes for the 30 days.	For 2 weeks, record the amount of food your dog consumes (including treats). Calculate the calories per day. If that information is not available on the packaging, you may need to contact the company
4	Research unsafe foods for dogs. Find a creative way to share this with at least 5 other dog owners.	For 1 week, record the amount of food your dog consumes (including treats). Calculate the calories per day. If that information is not available on the packaging, you may need to contact the company.	Research and share with a dog owner the pros and cons of raw food diets or home cooked diets.
5	Visit a pet food store and look at all of the brands, varieties, protein sources, and types of food available. Make some notes about what you observe and why there may be so many options. Share your data with your 4-H club.	Visit a pet food store and look at all of the brands, varieties, protein sources, and types of food available. Chart 20 types of foods available listing 5 major differences and 5 major similarities in each type. Share your data with your 4-H club.	Contact at least 2 dog food companies to ask about any food trials or tests they conduct.



# Food Safety



	Beginning	Intermediate	Advanced
1	Think of 5 kinds of human food. Find out how long to keep food, what to do if this food is contaminated (expired, left open), how contamination affects this food, and when to dispose of food. Relate this to moist dog food.	Research dog food storage (types of containers, sunlight, rate of consumption, temperature, vermin, etc.) for dry and moist dog food. Evaluate your current practice and what needs to change.	Create a dog food safety experiment. Share the results with your 4-H club.
2	Learn what preservatives are used in dog food. Identify the preservatives in 5 different dog foods.	Compare and contrast preservatives in moist dog foods, dry foods, and treats. Look at 5 types of each product.	Learn what preservatives are available for dog foods and the safety concerns associated with these preservatives. Share this information with 2 dog owners.
3	Visit a pet store, ask about what to do if there is a recall, learn how to check labels for a recall, find out if you will get a refund, and learn the difference between a voluntary and mandatory recall.	Learn how food recalls impact your perspective of a product, how the public perception is impacted, and the pros and cons of quality assurance policies.	Identify common products and reasons for human and dog food recalls over the last 10 years.
4	Set up 3 water containers on a table. Wash 1 daily, 1 every other day, and 1 once a week for 3 weeks. Do this experiment with metal containers and with plastic containers. Make observations about the changes observed over the 3 weeks.	Find out what types of cleaner and cleaning tools to use to wash dog bowls. Research what types of food bowls are safer for dogs to eat and/or drink out of (stainless steel, plastic, rubber, galvanized, etc.) Make a chart of the pros and cons of each type. Learn the types of cleaner and cleaning towels to use on each kind. Learn how to properly store cleaning agents.	Research about water quality and how this impacts dogs. Look at water softeners, city water, rain water, and other water quality variables. Report your findings to 5 dog owners or at a club meeting.
5	Manufacturers assure a quality product. Visit a feed dealer and find out how this happens.	Compare and contrast quality assurance practices for 2 dog food companies. Learn the difference between “manufactured by” and “distributed by.”	Create a game with pictures and questions to teach your club about quality assurance with pet foods. Play the game at a club meeting.

# Digestive System

	Beginning	Intermediate	Advanced
1	Draw and label the digestive system for a human and dog.	Create a game to teach major parts and functions of the dog's digestive system to your family or 4-H club.	Create a cloze worksheet about the dog digestive system. Use this worksheet with 20 people.
2	Find out why fiber is important for the digestive system of humans and dogs. List 5 types of fiber for human consumption and 5 types in dog food.	Look at different types of dog food. Read the label and identify the main fiber source in dry food and canned food. Look at 3 different types of each.	Learn about the extruding process for creating pet foods and why fiber is important for the process. Document what you learned.
3	Learn how to gradually change from one type of dog food to another. Provide a demonstration for your 4-H club.	Research possible digestive disruptions as a result of switching food suddenly. Learn how to gradually change from one type of dog food to another. Provide a demonstration for your 4-H club.	Talk to your veterinarian and to a pet store/feed store representative about when to switch from a puppy food to an adult food. What were the similarities and differences in their answers? Repeat this with another vet and feed store.
4	Research why bacteria is beneficial for the digestive system in both dogs and humans. Record what you found.	Find 3 dog food or supplement products that add some type of beneficial bacteria and 3 types yogurts. Compare and contrast.	Research the krebs cycle and why it is important for nutrition. Turn this into an activity to do at a club meeting.
5	Learn about dog stomachs and why people chew food but many dogs do not.	Learn about intestines and how they help with nutrient absorption. Explain the functional differences of large and small intestines.	Learn about kidneys, the role of kidneys in digestion, and how diet impacts function of kidneys.





	Beginning	Intermediate	Advanced
1	Identify dog nutrient needs and human nutrient needs. How many similar and different needs can you identify. List them.	Compare and contrast the 6 main nutrient categories needed for humans and for dogs.	Identify how your diet provides for your nutrient needs. Identify how your dog's nutrient needs are met.
2	Describe the similarities and differences of nutrients in 3 types of dog food.	Calculate percentages of carbohydrates and fats in 3 of your meals, and in your dogs food.	Research 8 vitamins and 8 minerals to find out their functions in your body and in your dog's body.
3	Learn why carbohydrates and fats are needed by people and dogs. Learn what types of foods provide for those needs. Create a game to teach others about this information.	Research how many calories you need per day and how many calories your dog needs per day. Describe when and why this might change and how you would know this.	Create a game to teach your club members about amino acids.
4	Measure the amount of water your dog consumes every day for a week. Measure the amount of water you consume every day for a week. How does your dog's water consumption compare with yours?	Measure the amount of water your dog consumes every day for a week. Measure the amount of water you consume every day for a week. Make notes about potential causes and variables that influence the amount of water your dog drinks and you drink.	Research the water availability in different types of dog foods. Learn how to calculate the dry matter basis so you can better compare dry foods and canned foods.
5	Learn about protein, what it is and why it is needed. Go to a pet store and record the protein sources in 10 kinds of dog foods. What are the similarities and differences in these proteins?	Research the different B vitamins. List how each are necessary in people and dogs.	Identify 5 protein sources. Compare and contrast the bio-availability of these sources (see page 160 of your <i>Dog Resource Handbook</i> ) for dogs, and the bio-availability of those protein sources for humans.

# Ages, Stages, and Conditions

	Beginning	Intermediate	Advanced
1	Visit a pet store and look at foods available for small dogs and large breed dogs. Learn why different foods are needed or why they are marketed for specific size dogs.	Research why breeds may have different nutritional needs, including metabolism and growth. Select 10 breeds for this research.	Select a health condition. Research nutrition needs and possible supplements for that condition.
2	Research a body condition scoring system for dogs. Score your dog and 5 other dogs. Pick 5 breeds and identify the ideal body condition score for each breed.	Compare and contrast 2 different body condition scoring systems for humans and dogs. Score your dog and yourself with the different scales. Score 5 additional dogs and your family members.	Find a body condition scoring system and score 10 different dogs. Research body mass index for humans. How are these similar and different?
3	Research and learn what metabolism is and how it is similar and different in dogs and humans. Learn your metabolic needs as well as your dog's.	Research metabolism for dogs and humans. Specifically, look at how weight gain and weight loss can be impacted by metabolism. Learn how to calculate BMR and metabolic rate for humans and dogs.	Research metabolism for dogs and humans. Specifically, look at how weight gain and weight loss can be impacted by metabolism. Learn how to calculate BMR and metabolic rate for humans and dogs. Research how foods impact BMR in humans.
4	Learn how caloric needs change throughout life for humans and dogs. Chart these changes	Learn how caloric needs change throughout life for humans and dogs. Chart these changes. Teach 1 other person about caloric needs.	Learn how caloric needs change throughout life for humans and dogs. Discuss how spay/neuter and hormonal changes can impact caloric needs.
5	Learn how working dogs need changes in diet during rest, training, and competing/working. Learn what kinds of diet adjustments are made for high level athletes. Record your findings.	Learn how working dogs need changes in diet during rest, training, and competing/working. Learn what kinds of diet adjustments are made for high level athletes. Compare and contrast the nutritional needs of dogs competing in 4 different dog athletic events.	Find someone who trains or handles a high level working/sport dog and interview the person about how working dogs need changes in diet during rest, training, and competing/working. Repeat this with a different person and dog.

