

KS1: A good diet for rabbits

Discuss what makes a good diet to keep rabbits healthy and happy. In doing so, we can create a world where rabbits are fed a correct diet and prevent health problems. Hint: carrots are not on the menu!

What learners will be learning

- How a good diet can make rabbits happier
- What is considered 'healthy' and 'unhealthy' food for rabbits
- How a good diet can make rabbits healthier

Wider learning opportunities

- Our relationship with food
- The importance of dental health

Objectives	Learning taking place	Educator notes
Initial assessment	1 Discuss: Initial thoughts and feelings around the importance of a healthy diet for rabbits.	Our lessons are intended for learners to feel empowered to create meaningful positive experiences for animals to live a good life. At the start of each lesson we advise to ask what learners know about each learning objective. We also encourage wider questions such as: - Whether rabbits deserve a good life? - Are owners responsible for making rabbits happier?
Happy diet	2 Discuss: Using our senses and cooking our own food can be rewarding. 3 Vote: Rabbits also use their senses when finding and eating food. 4 Discuss: We eat different food in different ways. 5 Vote: Rabbits also enjoy eating foods in different ways.	Opportunity: Talk about the diversity of foods and how some people enjoy sweet or spicy food. Correct: A, B and C Opportunity: Different cultures use different strategies to eat food. Correct: A and C
Healthy vs. unhealthy food	6 Discuss: A varied diet can be healthy for us. 7 Drag/drop: The types of foods that are healthy for rabbits. 8 Video: Letting dandelions grow will also help wildlife (e.g. bees).	Opportunity: Naturally occurring foods are healthier than processed. Correct: Rabbits should eat dandelions and herbs and avoid carrots and apples (these are high in sugar). Opportunity: Plants we consider weeds can be healthy for wildlife (e.g. ladybirds will eat aphids that live on stinging nettles).
Healthy diet	9 Vocab: Rabbits get excited when eating their concentrate food. 10 Vote: Rabbits should eat hay as part of a staple diet. 11 Vote: Chewing hay keeps rabbit teeth short and healthy. 12 Video: Chewing grass for long hours is normal for rabbits in the wild (so chewing hay for long hours is a natural behaviour). 13 Vocab: Water is also important as part of a healthy diet.	Opportunity: Concentrate foods are densely packed of nutrients for animals (so we need to make sure we feed the correct amount). Correct: B Correct: A Opportunity: What else might rabbits do in the wild that we should offer them in captivity (e.g. plenty of space to run around)? Opportunity: We find that providing water is the most common case of neglect in animals. Emphasise the importance of having fresh water for our bodies to stay hydrated.
Recap	14 Video: Reflect on content and note any changes in thoughts or feelings.	Reflect back on the first set of questions. Did learners learn anything new about providing rabbits a healthy and happy diet? Have views changed as to whether rabbits deserve a good life? Do learners now know how we can make rabbits happier? If inspired, select one of our practical activities for domestic animals from the library. Contact us if learners have their own ideas and we will support with suggestions and new certificates where possible [Education@rspca.org.uk]


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Welcome

Welcome to our lesson all about rabbits and how to give them a tasty and healthy diet.




Think about how you would feel if you were a rabbit throughout this lesson.



Back Next

Slide 1 of 14

In this lesson you will be able to think about:




How the correct diet can make rabbits happier **What rabbits should have in their diet** **How the correct diet can make rabbits healthier**

Back Next

Slide 2 of 14

Before we begin, let's think about the different ways food can make us happy.

What different senses do you use when cooking and eating?
Do you enjoy making your own food?



Back Next


Slide 3 of 14

Which of the following do you think are important to make rabbits happier?

Select one or more options

- A. Smells
- B. Tastes
- C. Textures

That's right!
Having a mixture of different smells, tastes and textures can all make a diet exciting.




Back Next

Slide 4 of 14

It's not always 'what we eat' that makes us happy. It can also be 'how' we eat food.

Can you think of different ways that humans eat food?
Do you think it's sometimes OK to be messy eaters?



Back Next


Slide 5 of 14

Which of the following ways could make rabbits happier when eating?

Select one or more options

- A. Hanging vegetables like a washing line in their house
- B. Make rabbits chase their food
- C. Hiding herbs in cardboard tubes

That's right!
We wouldn't want rabbits to chase their food as they wouldn't do this in the wild.




Back Next

Slide 6 of 14

There are some foods that are healthy for us to eat and some that are not.

Can you think of food that is healthy and unhealthy for you?

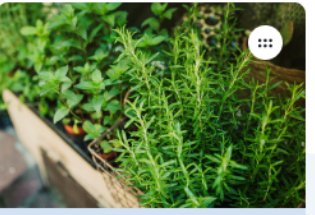
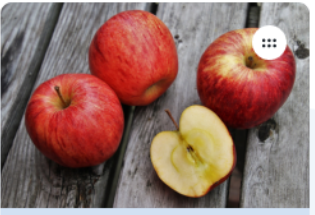




Back Next

Slide 7 of 14

What should we offer rabbits in their diet to make sure it is healthy?

Good for rabbits Bad for rabbits



Carrots Dandelions Apples Herbs

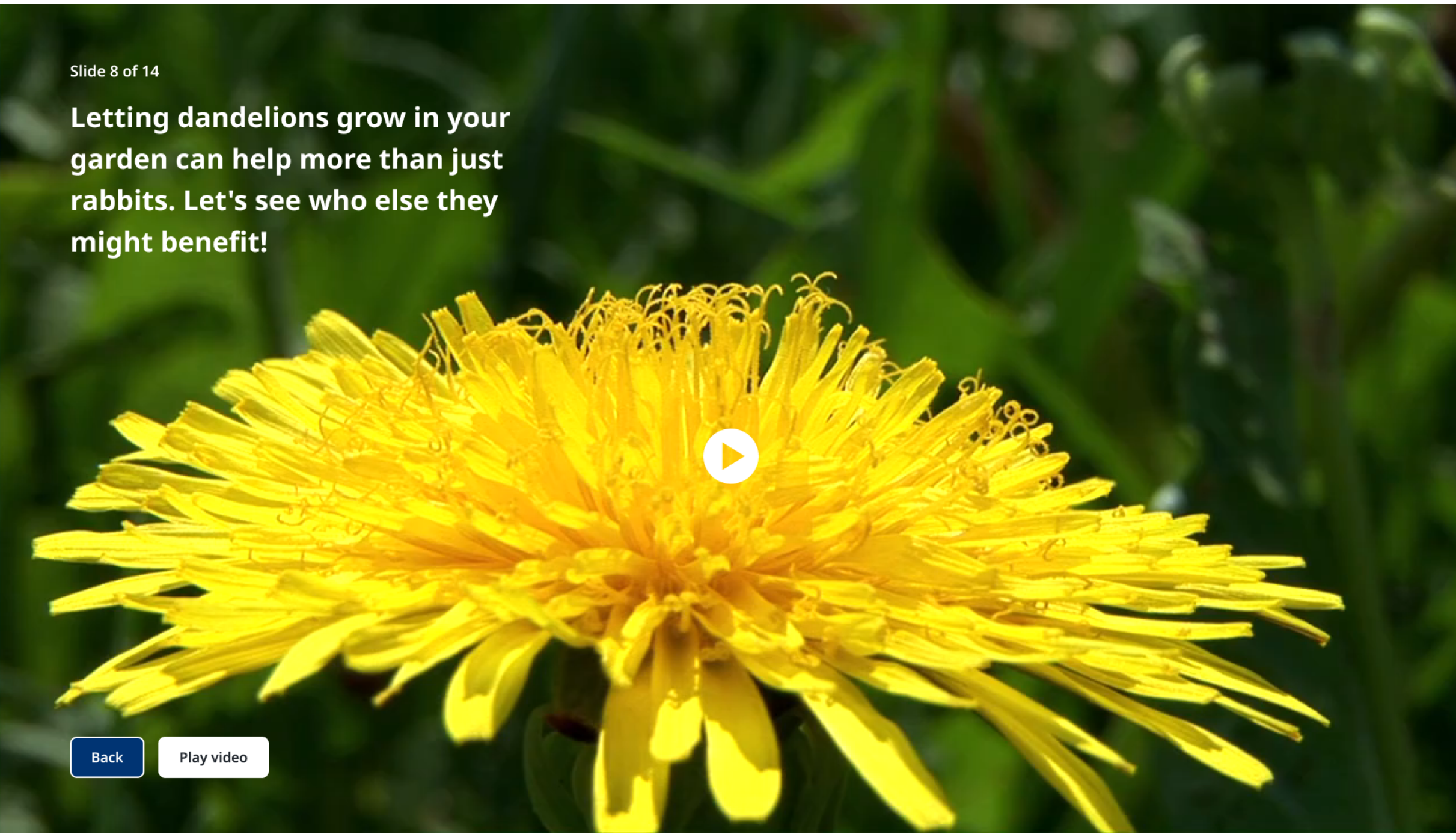
Back Submit

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Slide 8 of 14

Letting dandelions grow in your garden can help more than just rabbits. Let's see who else they might benefit!



Back Play video

Slide 9 of 14

Rabbits eat their portion of rabbit nuggets very quickly! How do you think they felt about their food?

Your answer
Placeholder


We said 'excited'

We think they were excited! Rabbits usually love eating their rabbit nuggets, though we should make sure to only give them the correct amount each day.

Do you agree?

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Back Next



Slide 10 of 14

The rabbit nuggets have been eaten, and the rabbits look bored. What could we do to help?

Select one or more options

A. Fill their bowls with more food


B. Provide hay (equal to the size of each rabbit's body)

C. Play games with the rabbits

That's right!

Rabbits can spend a long time chewing through their hay. For a rabbit, this is a great way to pass time and avoid feeling bored. Feeding more rabbit nuggets will likely cause rabbits to become overweight.

Back Next



Slide 11 of 14

Rabbits' teeth continuously grow, and eating hay helps keep their teeth short and healthy. Do you think this is true or false?

Select one or more options


A. True

B. False

That's right!

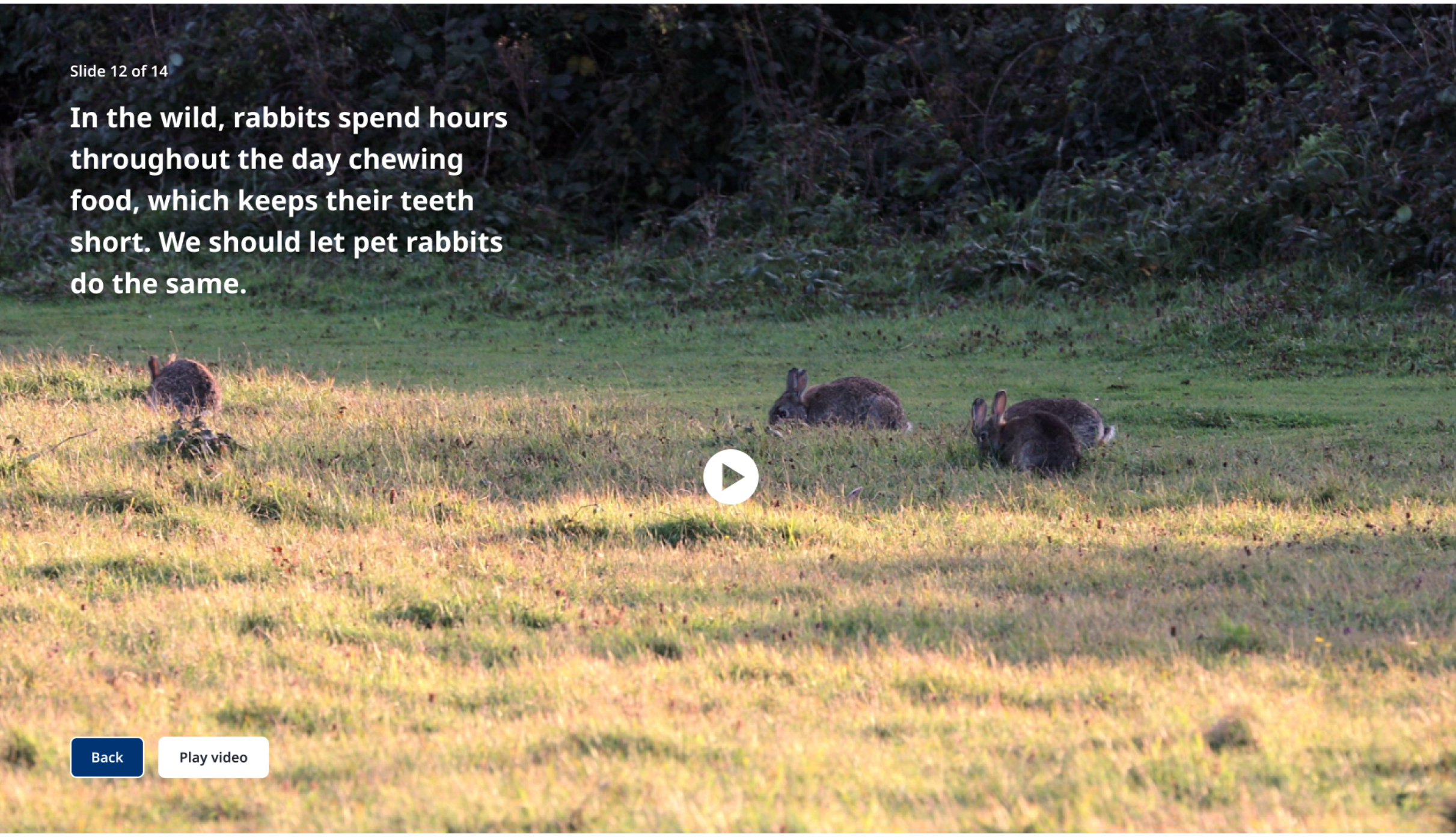
Rabbits' teeth can grow so long they can start to curl. Chewing on hay will help keep their teeth short so rabbits can continue eating with ease and without pain.

Back Next



Slide 12 of 14

In the wild, rabbits spend hours throughout the day chewing food, which keeps their teeth short. We should let pet rabbits do the same.



Back Play video

Slide 13 of 14

The rabbits have eaten, and they have access to plenty of fresh hay. What else should we provide rabbits for a healthy diet?

Your answer
Placeholder


We said 'water'

Having fresh water available at all times is important as part of a healthy diet (especially on warmer days).

Do you agree?

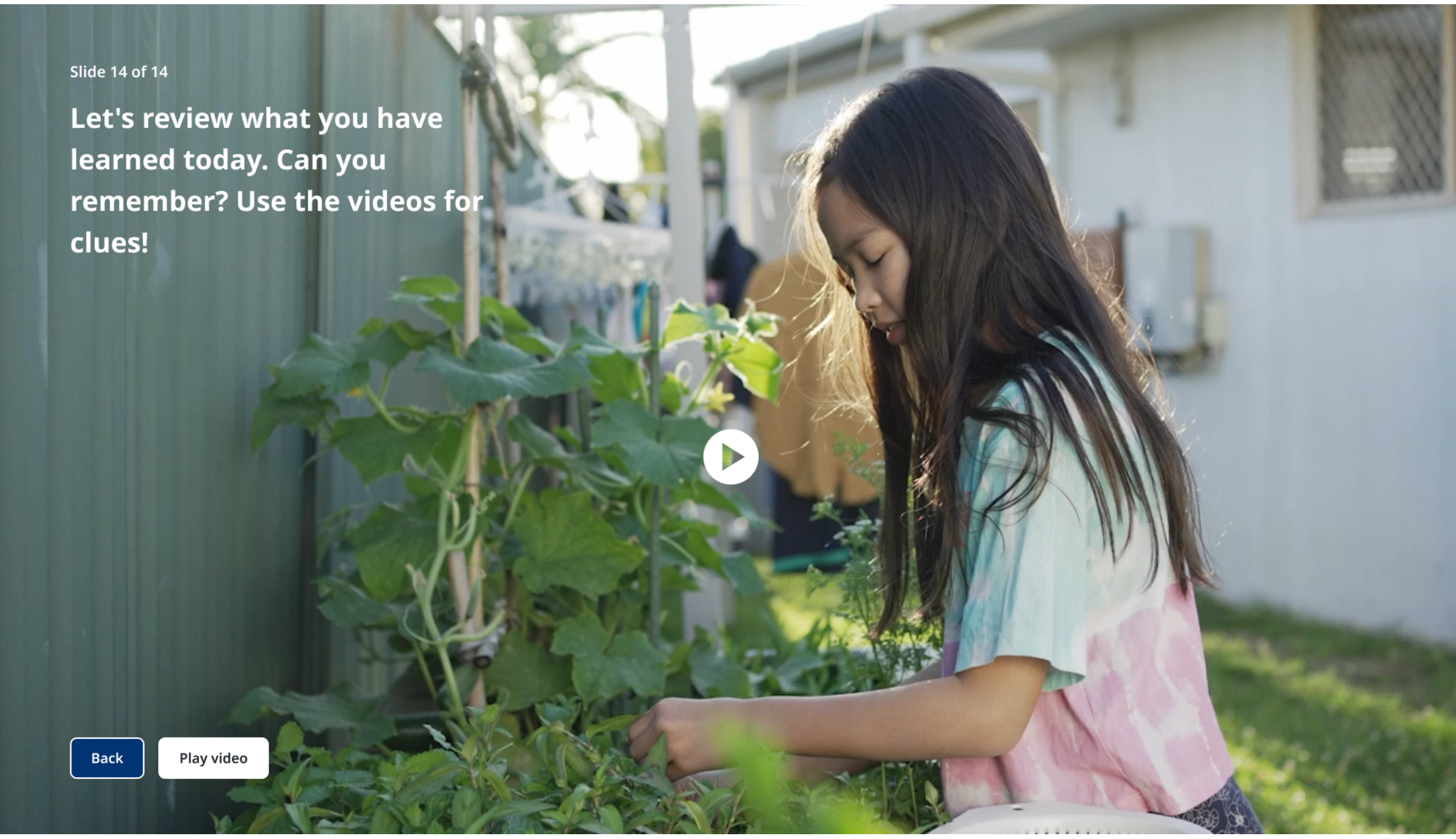
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Back Next



Slide 14 of 14

Let's review what you have learned today. Can you remember? Use the videos for clues!



Back Play video

End of lesson

Thank you for learning about rabbit welfare!

Explore our library for practical animal welfare ideas and certificates.

Back Finish lesson

