

Working together to give nature a home:



Whats for lunch?

Below is a list of foods. As a unit, decide if they can be eaten by birds by putting a tick or cross in the appropriate box.

Peanuts

Yes | No

Sunflower seeds

Yes | No

Dog and cat food

Yes | No

Cooked rice

Yes | No

Cheese

Yes | No

Coconut

Yes | No

Wheat and barley grains

Yes | No

Salty food

Yes | No

Mealworms

Yes | No

Baked/ roasted or mashed potato

Yes | No

Raisins

Yes | No

Apples and pears

Yes | No

Pastry

Yes | No

Working together to give nature a home:



Whats for lunch? - Answers

Food:	Answer:
Peanuts	<u>Yes</u> - Crushed or grated peanuts are great for robins, dunnocks and even wrens. Do not put out whole peanuts in the spring or summer as it can be harmful to nestlings.
Sunflower seeds	<u>Yes</u> - Great for birds to eat all year round!
Dog and cat food	<u>Yes</u> - During warm, dry summers earthworms are out of the reach of birds. Cat and dog food is a great substitute!
Cooked rice	<u>Yes</u> - Great for birds to eat during the winter!
Cheese	<u>Yes</u> - Mild grated cheese can be a good way of attracting robins, wrens and dunnocks.
Coconut	<u>Yes</u> - Fresh coconut in the shell is great to feed to birds. Just remember to rinse off the sweet coconut water and never feed birds desiccated coconut.
Salty food	<u>No</u> - Garden birds are practically unable to metabolise salt. It is toxic to them in high quantities and affects their nervous system. Under normal circumstances in the wild, birds are unlikely to take harmful amounts of salt. Never put out salted food onto the bird table, and never add salt to bird baths to keep water ice-free in the winter.
Mealworms	<u>Yes</u> - Mealworms are relished by robins and blue tits, and may attract other insect-eating birds such as pied wagtails.
Potato	<u>Yes</u> - Baked potatoes (cold and opened up), roast and even mashed potatoes with added real fats are all suitable food for birds. Chips are rarely eaten by birds.
Raisins	<u>Yes</u> - Dried fruits, such as raisins, sultanas and currants are particularly enjoyed by blackbirds, song thrushes and robins. Soak them during spring and summer.

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Whats for lunch? - Answers

Food:	Answer:
Apples and pears	<u>Yes</u> - Apples, pears and other fruit, including bruised and part rotten ones, cut up, are very popular with all thrushes, tits and starlings.
Pastry	<u>Yes</u> - Pastry, cooked or uncooked, is excellent - especially if it has been made with real fats.



Further information:

<https://www.rspb.org.uk/birds-and-wildlife/advice/how-you-can-help-birds/feeding-birds/safe-food-for-birds/household-scrap-for-birds/>