



# Jr. Animal Scientist

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**Do you know  
what is good  
and bad for your  
animals to eat?**

# Valentine's day here, and with it lots of tasty treats!

## Did you know that many foods that we eat can be bad for animals?

*(FYI: A person eats food and animals eat feed)*



### Avocados

Avocados contain a toxin called persin. Birds, ruminants, and horses are extremely susceptible to persin. It can cause swelling, difficulty breathing and organ failure. It is super important to make sure you are not giving them any avocados. While dogs and cats can also be susceptible to persin, they are rarely affected, but just in case – **Don't feed your dogs and cats avocados!**



Photo: iStock / Ilonalmagine

### Chocolate

Chocolate contains a chemical called theobromine and caffeine. While our bodies process theobromine just fine, dogs and cats bodies take a lot longer. This can cause a toxic increase in the level of theobromine in the animal. The darker and less sweet the chocolate is, the more potential it has to become toxic. **No chocolate for dogs and cats!**

### Grapes and Raisins

Grapes and raisins are known to be highly toxic to dogs. Researchers have yet to pinpoint the exact substance in the fruit that causes the reaction. Kidney failure is the most common side effect of eating grapes and raisins. Only small amounts of these refreshing snacks can be fatal to dogs of any age, breed or gender! **No grapes or raisins for your dog!**



Photo: iStock / nortongo

### Xylitol

Xylitol is a sweetener that is found in many products like; gum, candy, baked goods, and toothpaste. Most species are susceptible to the side effects. It can cause an insulin release, which ultimately can lead to liver failure. The increase leads to hypoglycemia (lowered sugar levels). **Remember, no gum or using your toothpaste on your pets!**



Photo: iStock / ayo888

# What types of Feed are good for animals?



**There are lots of foods that we eat that are safe and healthy for your pets!**

## Peanut Butter

Peanut butter is a great snack for dogs! It is packed full of protein, healthy fats and vitamins. Unsalted peanut butter is best, just like for us. It is important to read the label and make sure that your pups peanut butter does NOT include Xylitol, which we learned previously was bad for dogs.

## Carrots

Carrots are a great healthy treat for your dog. They are high in fiber and vitamin A while being low in calories. Raw carrots can be great chew toys and also help keep their teeth clean and bright!



## Green Beans

Just like carrots, green beans can be a healthy treat for dogs. Most veterinarians recommend green beans to owners when their dogs need to lose weight. They are high in fiber and low in calories.



## Spinach

Spinach is full of vitamins and minerals. It can be a very healthy snack for cats. However, if your cat has a history of bladder stones, you may want to avoid spinach.

## Salmon

Did you know that salmon is a good source of protein and healthy fats? Salmon can be a tasty dinner for both dogs and cats. Just make sure the salmon is cooked!



# Cows Eating Candy!

Did you know that farmers can feed their cows almost anything? Usually, we think of cows only eating grass or grain, but the price of these commodities (an agricultural product that can be bought or sold) often changes. For many years, cows have been eating food that was made for humans and this is because farmers are always looking for the best way to feed their livestock and be profitable at the same time.



Feeding livestock human food became very popular in 2012 when a severe drought caused commodity prices to skyrocket. This left farmers looking for new, less expensive ways, to feed their livestock. Things like candy, chocolate, marshmallows, gummy bears and even cookies were used to feed cattle. These feeds can easily replace costly corn as a way to add carbohydrates to their diets.

New, odd menus for cattle have popped up across the country and around the world. There are farmers in Wisconsin, Indiana and Nebraska feeding skittles, and in Australia, farmers are feeding their high priced Wagyu beef, chocolate! Exactly what type of odd food farmers use to feed their cattle depends mostly on where they are located. Because keeping prices low is one of the main goals for a farmer, the cost for shipping is a huge consideration.

The diet that a cow eats can ultimately have an effect on how their meat tastes. Wagyu beef is already so tasty that it is thought to be luxury beef. One farmer says that what makes his wagyu beef special, is a bar of Cadburys. He has been told that his beef is by far the best beef on the market!

So the next time you eat a hamburger, you may wonder if the cow it came from had a sweet tooth!



Photo: Shutterstock / B Brown



### Fun Facts:

- The average person eats over 1700 pounds of food each year.
- A Blue Whale will consume over 200 tons of krill (a small shrimplike crustacean) a day.
- A Chameleon can shoot out its tongue up to 20 feet to catch its prey.
- A saltwater Crocodile can chomp down on its prey with 3,700 pounds of pressure.



wikimedia / Kat Clay from Sydney, Australia

Did you know that the Panda eats between 20 and 40 pounds of bamboo per day?



Photo: iStock / MediaProduction

# Peanut Butter Dog Treats

**\*Have a parent help with cooking\***

Things you need:

- 2 cups of flour
- ½ cup of creamy peanut butter (*make sure your peanut butter does NOT contain Xylitol*)
- 2 eggs
- ¼ cup water

**\*Have a parent help with cooking\***

## Directions:

1. Preheat your oven to 350 F.
2. Mix together your flour, peanut butter & eggs in a large bowl until slightly combined.
3. Add in a little bit of water until the mixture becomes wet enough to roll out as dough.
4. Roll out your dough & cut out your favorite shapes with some cookie cutters.
5. Place your treats onto your baking sheet & cook for about 15 minutes.

**\*Have a parent help with cooking\***



Photos: iStock / adogslifephoto



Photo: iStock / rojoimages

# Word Scramble

Unscramble the letters to find the answers

1

This chemical is toxic to dogs and cats when they eat chocolate

**B O I E T E O R M N H**

\_\_\_\_\_

2

This sweetener can cause liver failure in dogs

**T L X L I O Y**

\_\_\_\_\_

3

This treat is great for dogs who are overweight

**N E N G E E B A S R**

\_\_\_\_\_

4

This is an agricultural product that can be bought or sold

**M D T C M O I Y O**

\_\_\_\_\_

5

This beef is considered to be a luxury

**Y W U G A**

\_\_\_\_\_

ANSWERS: 1. Theobromine, 2. Xylitol, 3. Greenbeans, 4. Commodity, 5. Wagyu

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CONTRIBUTORS: Written and edited by ASAS Staff.

DESIGN: Jody Boles

CONTACT: [jranimalscientist@asas.org](mailto:jranimalscientist@asas.org)

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