Meat, Plants or Both?

Teacher		**Class**	Year 1
Subject	Science	**Topic**	Carnivores, herbivores and omnivores
Date		**Room**	
Lesson length	60 minutes	**Country**	United Kingdom

Children learn what carnivores, herbivores and omnivores eat. They sort and name common animals into the three food groups.

Curriculum links

- identify and name a variety of common animals that are carnivores, herbivores and omnivores [1][2]

Learning objectives

- Students will say what carnivores, herbivores and omnivores eat.
- Students will identify and name common carnivores, herbivores and omnivores.

Success criteria

- I can say what meat-eaters, plant-eaters and both-eaters eat.
- I can name a carnivore, a herbivore and an omnivore.
- I can sort an animal picture into the right food group.

What students already know

Show a rabbit toy and a cat toy. Ask: What do you think each one eats? Listen for plants/grass for rabbit and meat for cat.

Key words

carnivore	animal that only eats meat [3]
herbivore	animal that only eats plants [3]
omnivore	animal that eats meat and plants [3]
meat	food like chicken that comes from animals
plants	grass, leaves, fruit and vegetables that grow

Materials

- three hoops
- big word and picture signs for meat-eaters, plant-eaters and both-eaters
- animal cards in a bag - cat, sheep, rabbit, cow, horse, lion, wolf, bear, human, fox
- whiteboard with Slides 1-4, 7-12
- Video clip 2 KS1 quick intro (0:00-0:48) on Slide 8
- Worksheet page 4 picture cards as spare animal cards

Before the lesson

- Print Worksheet page 4 picture cards and cut animal cards for the bag
- Test Slides 1-4, 7-12 and Video clip 2 (0:00-0:48)
- Put out three hoops with big word and picture signs for meat, plants and both
- Check the surface is dry, set clear boundaries for running

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Lesson outline

0–8 min **Starter** 8 min · Whole class

To hook interest and recall what people and animals eat.

YOU DO

1. Show Slide 1: Meat, Plants or Both? and read the title together.
2. Say the hook with actions: No screens, just legs! Can you take each animal to its right home?
3. Show Slide 2 and ask: What did you eat today? Organise think, pair, share.
4. Listen to two pairs and link: food gives animals energy to stay alive [3].

STUDENTS DO

1. Think about their own lunch, then tell a partner what they ate today.
2. Share one food with the class and copy the animal-home actions.

Say: No screens, just legs! Can you take each animal to its right home? First, think about food. Tell your partner, then share with us: What did you eat today?

Ask: What did you eat today? (Any food, for example apple, bread, chicken) · Do all animals need to eat to stay alive? (Yes, food is the main source of energy for all animals [3])

Check understanding: Hands up if you ate something today. If children are shy, offer meal pictures to point at, then move on.

Support: Hold up meal pictures so children can point and say apple or chicken. **Stretch:** Ask: Did that food come from a plant or an animal?

Use: Slides 1–2

8–20 min **Teaching** 12 min · Whole class

To teach the three food groups and name example animals.

YOU DO

1. Show Slide 3 cards. Point and read: Only eats meat. Carnivore. Only eats plants. Herbivore. Eats meat and plants. Omnivore.
2. Lead chant and actions: prowling paws for meat, nibble for plants, rub-tummy for both.
3. Show Slide 4: Cats are carnivores! They only eat meat. Explain cats only eat meat so they are carnivores [3].
4. Add: sheep only eat plants so they are herbivores [3], and people can eat fruit, veg and meat so people are omnivores [6].

STUDENTS DO

1. Repeat carnivore, herbivore, omnivore and copy the three actions.
2. Chant with teacher: Cat - carnivore! Sheep - herbivore!

Say: Carnivores only eat meat, herbivores only eat plants, and omnivores eat meat and plants [3]. A cat is a carnivore because cats only eat meat [3]. Sheep only eat plants, so they are herbivores [3].

Worked example: Cat: 1. Look at the cat picture. 2. Ask: What does it eat? Meat. 3. Check Slide 3: Only eats meat means Carnivore [3]. 4. Say together: A cat is a carnivore.

Ask: What does a herbivore eat? (Only eats plants [3]) · Sheep only eat plants, so what are sheep? (Herbivores [3]) · People can eat fruit, veg and meat, so what are people? (Omnivores, they eat both [6])

Check understanding: Hold up fingers: 1 for meat, 2 for plants, 3 for both when I say cat, sheep, human. Reteach Slide 3 if more than a few are wrong.

Support: Keep Slide 3 chart in view and point to meat or plant pictures while children repeat. **Stretch:** Ask a confident child to name one more meat-eater and one more plant-eater.

Use: Slides 3–4

20–30 min **Practise together** 10 min · Whole class

To practise naming common carnivores, herbivores and omnivores together.

YOU DO

1. Show Slide 7: Only eats plants. Rabbit eats grass. Cow eats grass. Rabbits and cows mainly eat plants [6].
2. Show Slide 8 and play Video clip 2 (0:00-0:48). Children shout meat, plants, both.
3. Show Slide 10: Cat eats meat. Fox eats meat and plants. People can eat both. Foxes are omnivores [3].
4. Lead chant: Rabbit - herbivore! Lion - carnivore! Fox - omnivore!

STUDENTS DO

1. Shout meat, plants or both during the video and copy the chant.
2. Repeat sentences: Rabbit eats grass. Cat eats meat.

Say: Rabbits eat grass and cows eat grass, so they mainly eat plants [6]. Lions and wolves mainly eat meat [6]. Foxes, bears and people eat both plants and animals [3][6].

Worked example: Fox: 1. Look at fox. 2. Ask: Meat? Plants? Both? Fox eats meat and plants. 3. Check rule: meat and plants means omnivore [3]. 4. Say: A fox is an omnivore.

Ask: Rabbit eats grass, so what is a rabbit? (Herbivore, it only eats plants [3][6]) · Lion eats meat, so what is a lion? (Carnivore, it only eats meat [6]) · Fox eats meat and plants, so what is a fox? (Omnivore [3])

Check understanding: Quick shout: I say rabbit, cow, cat, fox, you shout herbivore, carnivore or omnivore. Replay the 48-second clip if unsure.

Support: Give sentence stem: A rabbit eats... Plants! to join the chant [6]. **Stretch:** Ask: What food would a cow eat? Listen for grass [6].

Use: Slides 7–8, 10, Video clip 2 (0:00–0:48)

30–50 min **Main activity** 20 min · Pairs

To run an animal picture to the correct food-group hoop and name it.

YOU DO

1. Set three hoops with big word and picture signs. Show Slide 9: Sort animal pictures into three hoops.
2. Explain: In pairs. Get meat, plants, both hoops. Put each animal in hoop. Say its name aloud.
3. Model with horse: horses only eat plants [3], walk to plant hoop, place card, say: A horse is a herbivore.
4. Send pairs to the bag, walk to hoops, place cards and announce the group for class clap.

STUDENTS DO

1. In pairs, pick a card from the bag, walk it to the right hoop and say A cat is a carnivore.
2. Stand in the hoop, announce the group, clap for others and swap roles.

Say: In pairs, pick an animal card and walk it to the meat, plants or both hoop. Put each animal in its hoop and say its name aloud, like A horse is a herbivore. Remember carnivores only eat meat, herbivores only eat plants, and omnivores eat meat and plants [3].

Worked example: Horse: 1. Pick horse card. 2. Ask: meat, plants or both? Horses only eat plants [3]. 3. Walk to plant-eaters hoop. 4. Place card and say: A horse is a herbivore. Class claps if they agree.

Ask: Where does the cat go and why? (Meat hoop, cats only eat meat so they are carnivores [3]) · Where does the cow go and why? (Plants hoop, cows eat grass so herbivores [6]) · Where does the bear go and why? (Both hoop, bears eat both plants and animals [6])

Check understanding: Each pair stands in a hoop and announces, for example A horse is a herbivore, class claps if they agree. Reshow Slide 3 signs if a hoop has a wrong animal.

Support: Pair children up so one can carry and one can point to the picture signs for meat or plants [3].
Stretch: Ask children to fetch two different animals for one hoop and compare them.

Use: Slide 9, Worksheet page 4

50–60 min **Plenary** 10 min · Whole class

To check children can name a carnivore, herbivore and omnivore.

YOU DO

1. Show Slide 11 vote: Only plants. Only meat. Plants and meat. Ask: Which lunch would you pick?
2. Link vote to people are omnivores and we can eat fruit, veg and meat [6].
3. Show Slide 12 true or false: Rabbit is herbivore. Rabbit eats only plants. Lion eats meat. Lion eats only plants. Fox is omnivore. Fox eats meat and plants.
4. Confirm answers and ask each child to name one carnivore, one herbivore and one omnivore.

STUDENTS DO

1. Vote for a lunch plate and explain meat, plants or both.
2. Show thumbs up for true and thumbs down for false, then name three animals.

Say: People are omnivores and we can eat fruit, veg and meat [6]. A rabbit is a herbivore that eats only plants [3]. A lion is a carnivore that eats meat, and a fox is an omnivore that eats meat and plants [3][6].

Worked example: Rabbit is herbivore: 1. Read: Rabbit eats only plants. 2. Rabbit eats grass [6]. 3. Only plants means herbivore [3]. 4. So True. Lion eats only plants is False because lions eat meat [6].

Ask: Rabbit eats only plants. Is Rabbit is herbivore true or false? (True [3]) · Lion eats only plants. True or false? (False, lion eats meat, lion is a carnivore [6]) · Fox eats meat and plants. Is Fox is omnivore true or false? (True [3])

Check understanding: Thumbs up or down for each Slide 12 line. If many miss one, point back to Slide 3 rule and rechants that group.

Support: Give stem: A cat is a... carnivore! to join the final naming. **Stretch:** Ask winners to say one food their animal would eat, like grass for a cow [6].

Use: Slides 11–12

Common mistakes

Mistake	How to spot it	How to fix it
Thinks a carnivore eats plants or an omnivore eats only meat.	Puts cat in plants hoop or calls lion an omnivore.	Point to Slide 3: carnivores only eat meat, herbivores only eat plants, omnivores eat meat and plants [3]. Sort cat and sheep again.
Thinks people are not animals and cannot be omnivores.	Says people do not belong in any hoop.	Remind: people are omnivores and we can eat fruit, veg and meat [6]. Ask which lunch plate they picked.
Thinks rabbit or cow eats meat.	Puts rabbit in meat hoop.	Remind: rabbits eat grass and cows eat grass, so they mainly eat plants and are herbivores [6].

Support

- Use big clear pictures, three food signs and sentence stems like A rabbit eats... Plants!
- Keep pairs together so one child carries and one points to meat or plant signs.

Stretch

- Fetch two different animals for one hoop and say what each eats to explain the choice.
- Name one extra food for each bingo animal, like grass for a cow.

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For the LSE or teaching assistant

Stay with the hoop game. Help pairs carry cards, point to meat or plant signs and practise saying A ... is a carnivore/herbivore/omnivore.

Safety

- Check the surface is dry, set clear boundaries and remind children to look where they run and wait their turn.
- Keep space between children, use walking feet to change places and clear chairs and bags.

Check for understanding

Question	Answer
Cat only eats meat. What is a cat?	Carnivore [3]
Sheep only eat plants. What is a sheep?	Herbivore [3]
Fox eats meat and plants. What is a fox?	Omnivore [3]

Homework

Play Worksheet page 5 memory pairs with a grown-up and say if each animal eats meat, plants or both.

Sources

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