



# Nature Detectives - Birds



***Ireland has over 450 species of birds. Even when we have to stay at home, we can watch out of our windows and see lots of different birds in our gardens or flying around the town!***

## **Feed the Birds**

Different birds like different types of food but if you want to feed birds, either in your garden or in other green spaces, peanuts and sunflower seeds are some of the best – they're eaten by a variety of species, are high in protein and they are available in most shops.

The time of year that the birds really need help is during the winter months (roughly November-March). At those times, their natural food sources of fruit, berries, nuts and seeds have been depleted, and there are fewer insects and worms to eat. In cold weather small birds have to use more energy to stay warm, and the days are shorter meaning there's less time to find food. However, it's perfectly fine to feed the birds all year round if you want.

## **Healthy Food for Birds**

- ✓ Peanuts
- ✓ Sunflower Seeds
- ✓ Mixed seeds
- ✓ Fat / Suet Balls
- ✓ Fruit
- ✓ Water



We all want to look after our feathered friends but what foods are not good for birds?

- ✗ Bread - a small amount is okay but generally bread should be kept as a special treat because it does not have a high nutritional value for birds.
- ✗ Junk foods - crisps, biscuits and cake are not healthy snacks for humans and they are not good for birds either!
- ✗ Milk - many birds are lactose intolerant so avoid milk or milk products for birds

What am I? Write in the type of bird under the picture - some are easier than others. Have you ever seen these near your home?

