

# Introduction to Nutrition

Level: D1, D2, D3

## Objectives:

- Know how to give water, grain, hay, and tidbit to a pony safely
- Know the basic rules for feeding and explain feeding schedule for own pony
- Discuss the amount of roughage and the amount of concentrates per ration for own pony

## Materials Needed:

- Copies of worksheet (on back of this page)
- Writing utensils
- D level Pony Club manuals.
- Ingredients for recipe for horse treats ([Horse Treats](#) by June V. Evers has lots of samples. Young pony clubbers especially enjoy making treats edible by both children and ponies. Such a recipe taking from [Horse Treats](#) is reprinted at the bottom of this page.)
- Paper plates, foil, napkins, forks

## Activity 1:

- Prepare recipe with candidates. Discuss how making horse treats resembles (or doesn't resemble) preparing pony's ration.

## Activity 2: (while treats are baking)

- Hand out worksheets for each candidate to complete. Allow candidates to use manuals to help them with the true/false section if necessary.
- Review worksheets with candidates, discussing reasons for each of the basic rules of feeding with the group.
- Let each candidate share what his/her pony eats and its feeding schedule.

## Conclusion:

- Divide horse treats equally between candidates to take home.
- Discuss safe ways to give treats to ponies.

Recipe: *Marguerite Henry's Misty of Chincoteague Oat Cake*

## Ingredients Needed:

- 2 ¼ cups flour
- 1 ½ cups sugar
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 cup oats
- ½ cup shortening
- 2 egg yolks
- 2 egg whites
- 1 cup milk
- ¼ cup finely chopped walnuts
- Molasses

Preheat Oven to 350 degrees. Grease and flour two 9-inch layer cake pans. Sift together: flour, sugar, baking powder, and salt. Mix in oats. Add shortening. Beat egg yolks and milk. After well mixed, fold in egg whites.