



## Mountains to Sound Greenway Trust

### Next Generation Stewards

#### What Do I Consume?

So far in this video series, we have learned about the four abiotic components that determine what kinds of organisms can thrive in an ecosystem as well as producers (plants). As we continue talking about how energy flows through an ecosystem, we're going to talk about the next step up the energy chain: consumers. Consumers are organisms that get their energy by eating other organisms. This includes animals like dogs, birds, deer, fish, and even humans! One way to be a steward of consumers is by taking care of their habitat. For example, you might volunteer to plant trees, pick up trash in your neighborhood, and tell others what you've learned about ecosystems. Watch the video: [www.mtsgreenway.org/get-involved/education/virtual-education/next-generation-stewards](http://www.mtsgreenway.org/get-involved/education/virtual-education/next-generation-stewards).

#### Materials:

- Sit spot journal (or piece of paper)
- Something to write with

#### How to do this activity:

- 1) Write down everything you eat for one day.
- 2) Next, draw a table like the one shown here, with two columns labeled "Producers Eaten" and "Consumers Eaten." Each row should be a separate meal or snack. Categorize all the foods you ate by whether its from a producer or a consumer. → Evan's example: "I ate a sausage, egg, and cheese sandwich for breakfast. The sausage, egg, and cheese all came from consumers. The bread came from producers."
- 3) Try doing for all your meals and snacks for a few days. Questions to consider in your sit spot journal:
  - Do you eat more producers or more consumers?
  - Would you classify yourself as an **herbivore**, meaning you only eat producers? Or are you a **carnivore**, meaning you only eat consumers? Or are you an **herbivore**, meaning you eat both producers and consumers?
  - When you visit your sit spot next, notice what consumers you see. Are they mostly bugs, birds, mammals...? What are they eating?
- 4) We invite you to send us your lists and observations to [education@mtsgreenway.org](mailto:education@mtsgreenway.org)! We may share them on social media.

Meal	Producers eaten	Consumers eaten
Wednesday breakfast	English muffin, orange juice	Sausage, egg, cheese
Wednesday lunch	tortilla, tomato, cilantro, beans	cheese
Wednesday dinner		

