

A decorative border of black silhouettes of various plants and flowers, including dandelion-like seed heads and leafy stems, framing the text.

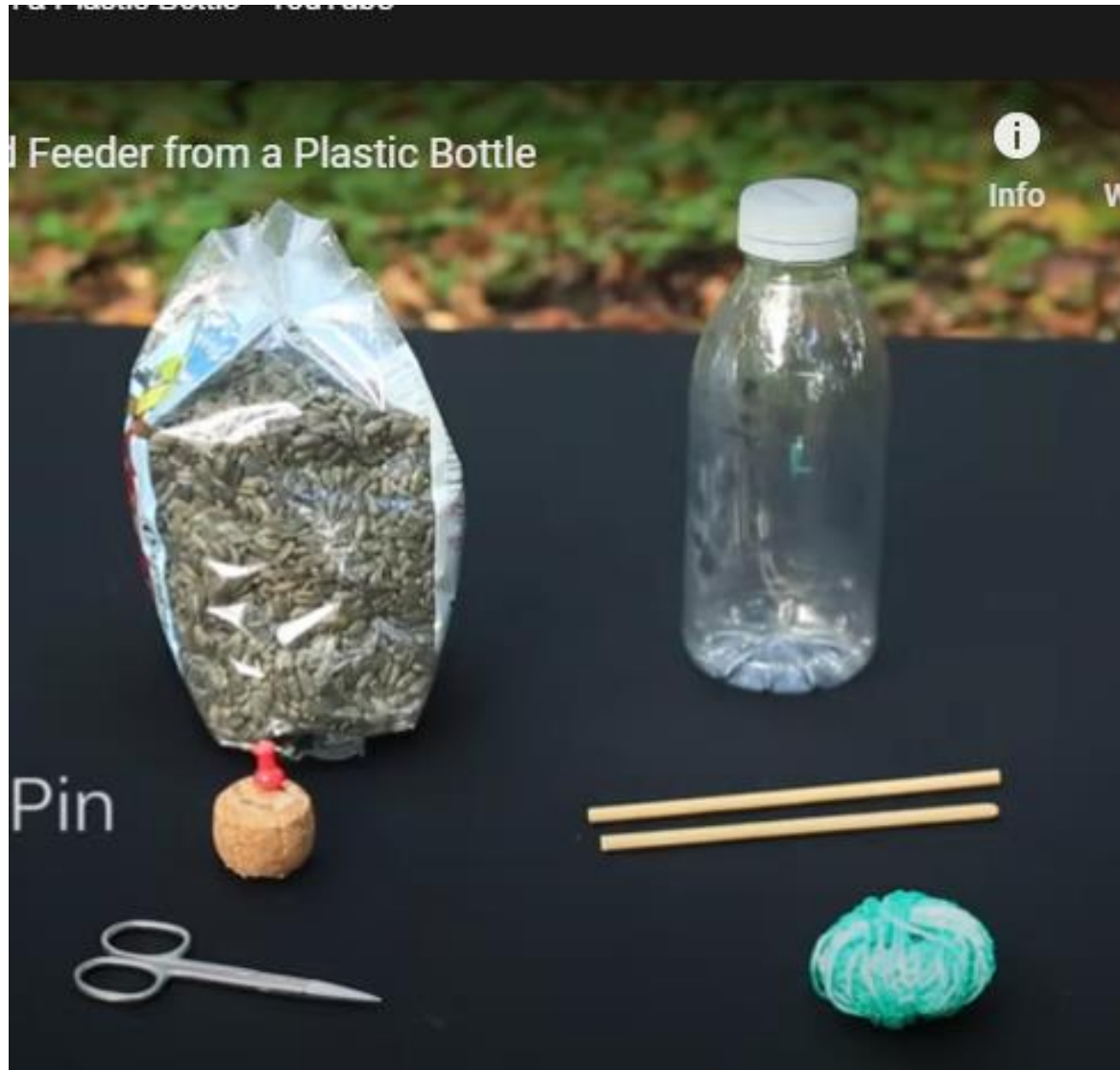
Design Technology

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Well Being day 10th Feb

Key Stage 3 Challenge: Your challenge today is to make a bird feeder for your garden. 3 of these videos show how to make a bird feeder using everyday recycled materials. One of the videos shows the making of a bird food garland:

Pick the page which most appeals to you and has the materials that you have to hand.

https://www.google.com/search?q=making+bird+feeders+from+plastic+milk+bottles&rlz=1C1GCEA_en&oq=manufacturing+brid+feeders+from+plasti&aqs=chrome.2.69i57j0i22i30l2j0i390.17032j1j15&sourceid=chrome&ie=UTF-8#kpvalbx=_bHkZYNDBEIPHgQa2pYmwDw29



<https://www.youtube.com/watch?v= NMIfJH5dws>



Making a tin can
bird feeder



<https://www.youtube.com/watch?v=Patct5hdrDU>

Top 10 Foods for Winter Bird Feeding Mealworms.

Cracked corn. ...

Safflower. ...

Nyjer/thistle seed. ...

Good mixed seed. ...

Suet. ...

Peanuts. Shelled (which means without a shell), dry-roasted, and unsalted peanuts provide protein and fat, so they're a great fuel for birds in winter. ...

Black-oil sunflower seed. This seed is the hamburger of the bird world.

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<https://www.youtube.com/watch?v=RPeFayGr9ZU>



4 ideas for feeding birds this winter.



Bird Facts and what they eat

- Survival for birds can be challenging at any time of year, but in particular during the cold winter months. Small birds especially struggle due to having a large surface area and comparably small volume. This means they lose heat to their surroundings very quickly and must eat a lot of food to replace the energy lost. Many of us want to help them out but aren't sure what to feed birds in winter, which doesn't need to be the case.
- The ground during winter is too hard for birds to dig for worms, and caterpillars, aphids, beetles and grubs stay well-hidden, hibernating in thick vegetation. These factors combined with the limited hours of light in which birds can actively search for food can cause them to be **very vulnerable during winter**.
- But with a little helping hand from us, many more birds can survive the cold. The following are a few of the best types of food to leave out in order to assist our feathered friends and can be placed upon feeding tables, inside hanging feeders or scattered at ground level. Read on to discover the different types of food we can feed birds in winter.



Sunflower Seeds

These are rich in necessary protein and unsaturated fats. Black sunflower seeds are better to use than striped sunflower seeds due to their higher oil content. Sunflower hearts and crushed seeds are great in winter as the birds do not need to waste energy removing the husks, with the added benefit of leaving less mess behind. Both tits and greenfinches are known to favour these seeds. The great thing about these is that they are **easy to grow at home** to provide good stock

Fruit

Fruits such as apples, pears and plums make great bird food due to their high water content and being energy-rich with simple sugars. These can be halved and left on either the bird table or on the ground and will be enjoyed by robins, blackbirds, thrushes and waxwings.

Bread Crumbs, Cheese, Rice & Cereals

Leftover materials can be a welcome contribution to any bird during winter, so put out some bread crumbs and grated cheese to give additional protein to the birds. Cooked rice, white or brown, is readily accepted by many birds during the more severe weather and can be very beneficial to them. Uncooked rice may be eaten by pigeons, doves and pheasants. Porridge oats can be used but must never be cooked as the mixture could solidify around a bird's beak. Any types of cereals are also suitable but are best used in small quantities, with a supply of drinking water nearby.

Water

It is essential for birds to have access to a clean, fresh supply of water for drinking and cleaning in. This can be created with a birdbath or even a shallow dish filled with water and raised off the ground. To avoid the water freezing in winter, place a small plastic ball on the surface and the movement in the wind will prevent it from freezing.

Peanuts

Salted or dry roasted peanuts should not be used as they may harm birds. Only use peanuts that are fresh and sold for human consumption, or that is from a reputable feed shop, as some can contain high levels of a natural toxin that can be lethal to birds. Peanuts are rich in fat and protein and are popular with tits, greenfinches, house sparrows, nuthatches, woodpeckers and siskins. When crushed or grated they will also attract robins, dunnocks and occasionally wrens. These are also possible to grow at home, but you need to create a good warm climate during the summer months.