

LEVEL THREE - DURING VISIT

Food and Feeding

**FUN
FACTS**

When woolly monkeys eat insects they always eat them together with tree shoots and branches!

In the wild, the woolly monkey diet is primarily frugivorous. In captivity, however, woolly monkeys are very susceptible to diabetes and anaemia. Therefore, the woolly monkeys at Monkey World are fed a very specialized diet to control these tendencies. They are given a variety of foods such as insects, vegetables, leafy greens, fruit, leafy browse and flowers. We do, however, reduce the sugary fruit and increase the fibre content in their diet by giving them lots of leafy greens to slow down the rate of sugar absorption. It has been observed that the woolly monkeys tend to combine shoots and branches when eating insects. This may be due to the fact the insects are an easily-digestible, calorie-rich food and combining them with the foliage slows down the digestion as well as the rate of sugar absorption.



It is very important, for us as well as the woolly monkeys, to have a balanced diet containing all the different food groups: protein builds muscles; fat stores energy; carbohydrate gives you energy and vitamins and minerals that maintain good health. What you like to eat most is not always what you should eat to maintain a healthy diet!

Activity:

Proteins; carbohydrates; fats; vitamins; minerals; fibres

Write down what you eat in a day under the appropriate headings. For example, fish contains protein and chocolate contains fat.

proteins	carbohydrates	fats	vitamins	minerals	fibres

