

USING FOOD WELL

Worksheet

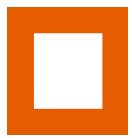
Gather 3 different foods. They can be anything that you like but ideas are kibble, roast meat, tiny cubes of cheese, shop bought treats, home made treats.

Then, for the next few days, choose one of the foods to take out on a walk with you. On your walk, do the things listed on the next page.

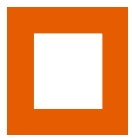
Once you've worked through each of the foods, you should have a good idea of their preferences. If you get them looking at you more with one food, you'll know that they prefer it.



On your walks every time your dog looks at you, give them a piece of food.



Experiment with letting your dog eat from your hand, tossing the food to them and bowling the food along the ground.



Stop 2 or 3 times on each walk, take 5 pieces of food out. Put the first one on the ground, let your dog eat. Then repeat with the second. Then the third, fourth and fifth. Note what happens when your dog eats each piece of food. Do they look up at you? Or do something else?