

Spiders and a Balanced Diet



World Almanac for Kids

Spiders watch what they eat, too!

People aren't the only animals that know how to look for a healthful meal. Scientists have discovered that insects and spiders go out of their way to eat balanced diets.

A team of scientists studied three different **predators**—a beetle and two types of spiders. Predators are animals that kill and eat other animals.

First, scientists fed the bugs **unbalanced diets**. The researchers gave some bugs foods high in fat and fed others only foods high in protein.

For the next meal, the scientists let the beetles and spiders choose what they wanted to eat. All of them picked foods that contained the nutrients their previous meal had lacked.

The bugs that had been fed high-protein meals picked high-fat prey. The ones that had gotten high-fat meals chose high-protein prey.

It turns out that even creepy-crawlies, especially those with eight legs, watch what they eat!