



## Video transcript

### Bearded dragon feeding

Feeding Bearded Dragons. Hatchling Bearded Dragons and juveniles tend to be insectivorous, that is they eat mostly live insects. And they need that movement, they won't eat a dead insect because they don't recognise it as being a live animal. So, a little cockroach, cricket they'll come down and grab it but as they grow older they become more omnivorous, that means they eat just about everything. In the wild they'd be eating the flowers, the new shoots and some fruits but they'll never miss a chance to grab an insect if they see one. So, these are adults. So, here we feed them three times a week. And today they get their calcium supplement. So, this is all vegetable matter there's about six different leafy greens in there. There's espinal and all sorts of other chopped up fruit and vegetables. We give them grated carrot sometimes. A variety is really important but just about any vegetable or fruit you can eat, you can feed your Bearded Dragon as long as it's the right size and you chop it up or you grate it. So, we'd feed them a big amount of green vegetables stuff about three times a week and then a couple times a week we'd give them live insects, crickets, cockroaches, meal worms, that's their protein boost. They do need a bit extra. But the bulk of their food is vegetable matter especially when they're adults like these ones.