Black bears live in wooded, mature forest areas. In summer, they sleep in a shallow depression in the ground, called a “day bed” since bears become active at night. During winter, they find a den and sleep away the cold months.

Black bears are omnivores, so they eat both plants and animals. Most of what they eat are plants, such as grasses, clover, berries, nuts and plant roots.

Black bears can weigh up to 600 pounds, but most males average 300 pounds and females average 160 pounds. They are excellent swimmers and can run up to 30 mph for short distances. Bears have an excellent sense of smell and can sometimes smell food up to one mile away!

Read about black bears then answer these questions about bears and you.

**BLACK BEARS**

The average height of a really big adult male black bear standing upright: ________

The weight of an average female adult black bear: ________________

The average birth weight of a black bear cub: ________________

Square miles a male travels in his home range: ________

A favorite food of black bears: ________________

**YOU**

Your height: ______________

Your weight now: ________

Your birth weight: ________

How far you traveled from home to get to the camp-ground: ______________

One of your favorite foods: ________________

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