



Fish - Nutritious and Delicious!

To ensure healthy bodies and minds, humans should have healthy and balanced diets. Fish is an important source of protein, vitamins and minerals.

There are 3 types of fish that we eat:

Cod



Haddock



Plaice



White fish (such as cod, haddock, plaice)

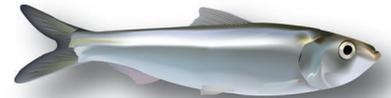
Salmon



Trout



Herring

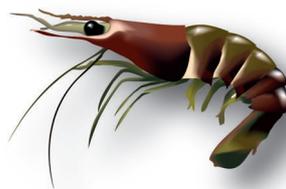


Oily fish (such as salmon, trout, herring, eels)

Lobster



Prawn



Crab



Shellfish (such as lobsters, prawns and crabs)

Activity Card

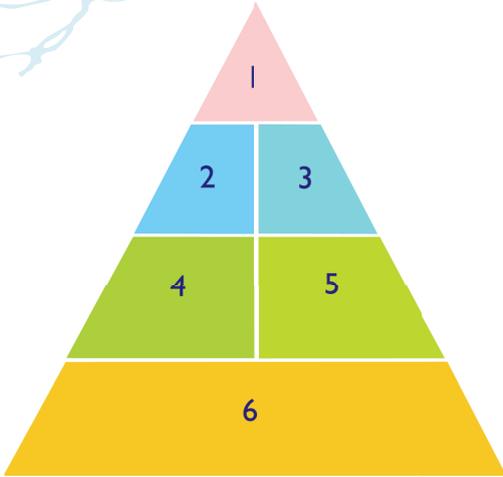
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Vitamins and minerals are essential for good health. Protein helps build and repair strong muscles and bones. Oily fish supplies vitamins A and D. Vitamin A is essential for the eyes and helps protect the skin, nose and throat. Shellfish is a good source of minerals such as magnesium, calcium, iodine and other nutrients.

This food guide pyramid shows us the groups of foods that make up a good diet. It also tells us that we need to eat a variety of foods from all five groups. Its pyramid shape helps explain which foods you should eat more or less of. We need more of the foods at the bottom of the pyramid and less of the foods at the top of the pyramid.

Activity Card



Can you place these foods in the correct section of the food pyramid? The first one is done for you.

6	pasta	apples	bread	ice-cream
	cornflakes	milkshake	steak	chocolate
	potatoes	muesli	spaghetti	bacon
	cabbage	cheese	strawberries	butter
	eggs	oranges	salmon	yogurt

Recipe



Fishy Sandwich Rolls

Ingredients:

4 slices of bread (brown or white), cream cheese, smoked salmon, a packet of crisps, cocktail sticks.

Method:

- 1 Cut the crusts off the bread and roll it flat with a rolling pin. Spread with cream cheese.
- 2 Place pieces of smoked salmon on top, spronkles with the crushed crisps and then roll the bread up into a little Swiss roll.
- 3 Put a cocktail stick through the roll and place on a serving plate.
- 4 Garnish with some parsley and surround your rolls with the remaining crisps.

Food chain puzzle

Number the links in this Atlantic food chain correctly from 1 to 8.



Algae



Seals eat large fish



Killer whale eat seals



Large fish eat small fish



Plankton eat algae



Small fish eat arrow worms



Arrow worms eat small shrimps



Small shrimps eat plankton

Now make another food chain, this time include yourself.