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:

- **White fish** (such as cod, haddock, plaice)
  - Cod
  - Haddock
  - Plaice

- **Oily fish** (such as salmon, trout, herring, eels)
  - Salmon
  - Trout
  - Herring

- **Shellfish** (such as lobsters, prawns and crabs)
  - Lobster
  - Prawn
  - Crab
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.

<table>
<thead>
<tr>
<th></th>
<th>pasta</th>
<th>apples</th>
<th>bread</th>
<th>ice-cream</th>
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<tr>
<td>6</td>
<td></td>
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</tr>
<tr>
<td></td>
<td>cornflakes</td>
<td>milkshake</td>
<td>steak</td>
<td>chocolate</td>
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<tr>
<td>5</td>
<td>potatoes</td>
<td>muesli</td>
<td>spaghetti</td>
<td>bacon</td>
</tr>
<tr>
<td>4</td>
<td>cabbage</td>
<td>cheese</td>
<td>strawberries</td>
<td>butter</td>
</tr>
<tr>
<td>3</td>
<td>eggs</td>
<td>oranges</td>
<td>salmon</td>
<td>yogurt</td>
</tr>
</tbody>
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**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, sprinkle 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
- Plankton eat algae
- Seals eat large fish
- Small fish eat arrow worms
- Killer whale eat seals
- Arrow worms eat small shrimps
- Large fish eat small fish
- Small shrimps eat plankton

Now make another food chain, this time include yourself.