



Let's see how good you are at math.

How many grams of tuna do you think are in the jars that the children in the video have made?

A) 250 grams B) 450 grams C) 620 grams

This is the composition per 100 grams of an edible portion of albacore tuna.

Valores medios por:	100 g	ración (65 g)	IR*
Valor energético	819 kJ/ 196 kcal	532 kJ/ 127 kcal	6%
Grasas	9,9 g	6,4 g	9%
de las cuales: Saturadas	1,8 g	1,2 g	6%
Hidratos de carbono	0,0 g	0,0 g	0%
de los cuales: Azúcares	0,0 g	0,0 g	0%
Proteínas	26,7 g	17,4 g	
Sal	1,2 g	0,8 g	13%

*de la ingesta de referencia de un adulto medio (8400 kJ/2000 kcal).

Este envase contiene 4 raciones.

Omega-3 (EPA+DHA) por 100 g: 0,61 g / ración: 0,40 g

You must apply this composition to 10 grams of an edible portion.

Calories

Fat

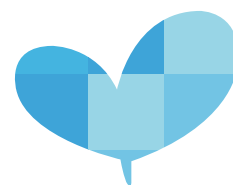
saturated fat

Total Carbohydrate

sugars

Protein

Salt



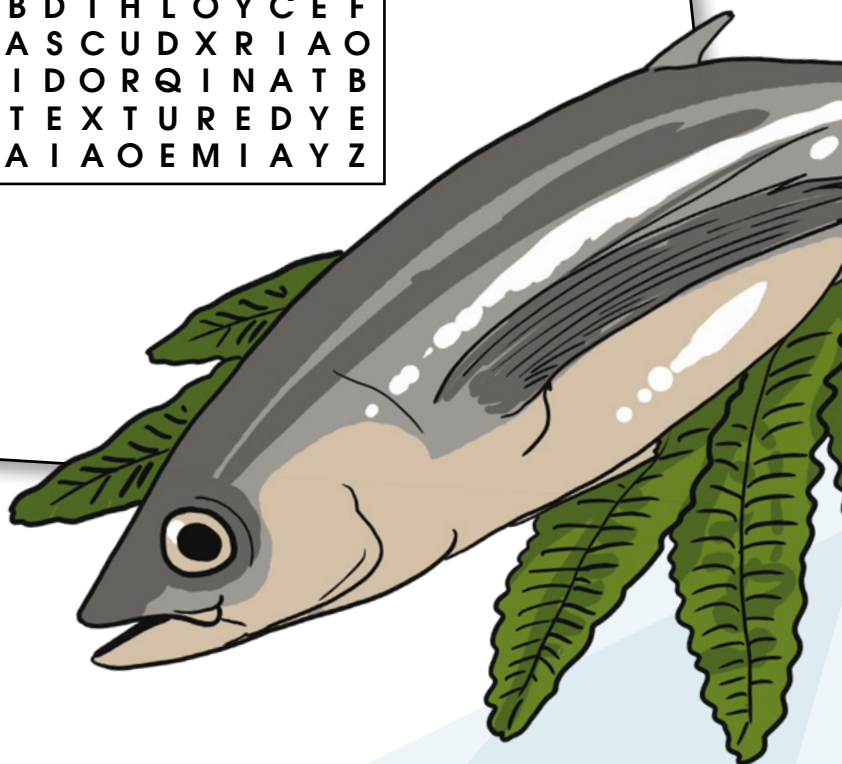


Word search.

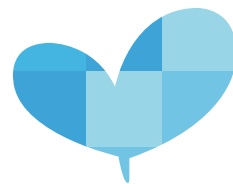
Why is albacore tuna the highest valued species of the tuna family?

Characteristics

E	Y	A	I	T	B	A	N	O	U	D	U	G	I	L	H	D
L	X	B	I	G	U	V	E	F	W	E	D	Y	E	A	I	X
K	H	Q	A	E	U	Z	O	I	X	L	I	U	Y	G	G	U
M	V	I	U	X	K	C	M	E	J	I	F	U	L	C	H	M
M	E	V	C	Q	T	B	I	F	Y	C	G	Q	V	A	Q	G
A	I	V	Y	U	S	B	O	K	L	A	J	M	Q	R	U	J
A	J	O	Q	I	O	I	R	Z	I	T	Z	U	H	N	A	R
S	Y	L	O	S	Y	D	T	Y	J	E	I	U	D	E	L	C
O	E	E	I	I	V	Y	Y	O	U	F	U	X	Z	A	I	V
Y	L	S	O	T	U	S	Y	N	S	L	B	X	Q	P	T	J
W	H	I	T	E	H	U	E	C	O	E	W	M	T	R	Y	Y
F	H	E	E	F	S	L	O	K	I	S	B	I	K	E	M	X
O	J	H	J	L	L	T	B	D	T	H	L	O	Y	C	E	F
L	I	B	Y	A	E	V	A	S	C	U	D	X	R	I	A	O
I	V	Y	U	V	E	R	I	D	O	R	Q	I	N	A	T	B
Y	S	M	O	O	T	H	T	E	X	T	U	R	E	D	Y	E
F	Y	U	A	R	I	M	A	I	A	O	E	M	I	A	Y	Z



Answers: white hue, delicate flesh, exquisite flavor, smooth texture, high quality meat.





Reorder the letters to discover another name
for albacore tuna.

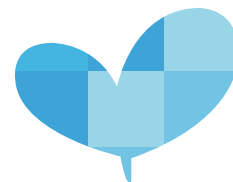
ALBACORE TUNA IS ALSO KNOWN AS:

G A N L L A U A

THUNNUS ○○○○○○○○



Answer: Thunnus Aldinga.





Reflection activity.

A) Explain the meaning of these statements and justify them.

- Arroyabe is a company committed to sustainability.

- A great commitment to sustainable fishing.

B) What can you do to contribute to sustainable development in your daily life?

