



Have you ever been fishing? Do you like eating fish? Which is your favourite?

There are many species of fish. Let's check and see if you have been paying attention at the fishmongers.

Write their names.



2



3



4



1



5



6



7

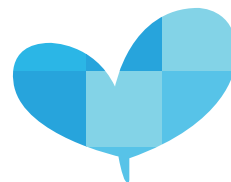


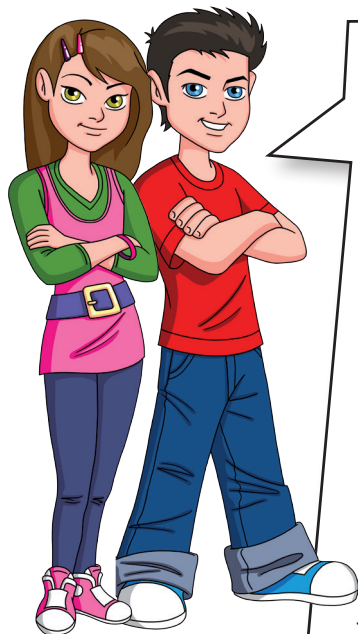
8



9

Answer: bream, anchovies, conger eel, sole, sea bass, sardine, monkfish, turbot, trout.





Complete the text with the missing words.

8 reasons to eat fish.

1. It is a very food, and recommended for all ages.
2. It is a food with a relatively low content.
3. Its contain all the essential amino-acids needed for your body to develop, grow and stay healthy.
4. The type of fat found in oily fish protect the and the arteries.
5. All the nutrients used for growth and development are found in fish: proteins, omega-3 fatty acids, calcium,, zinc, iodine, B-vitamins, vitamins A, D and E.
6. Fish is a very to digest food.
7. It can be in many different ways: pan-fried, oven-baked, en papillote, fried, steamed, microwaved, fish pie, in sandwiches, in salads...
8. People that eat a lot of fish have a higher expectancy.

heart

life

easy

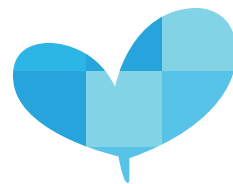
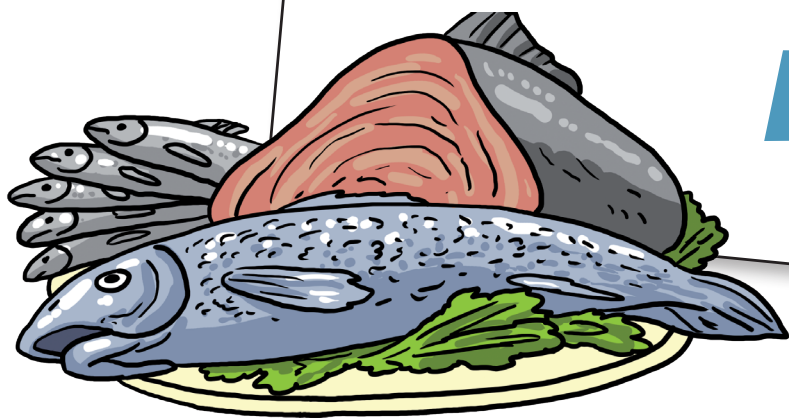
nutritious

prepared

iron

calorie

proteins





Keep going detectives! Let's see who can find 15 types of fish with these clues.

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

- White: they have a maximum fat content of 2%.

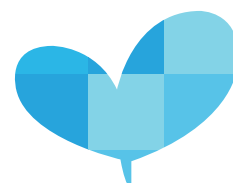
H....., S....., S....., S....., C.....

- Semi-oily: with a fat content of between 2 and 5%.

B....., T....., M....., T.....

- Oily: fish with a fat content of over 6% distributed throughout their flesh, which usually oscilates between 8 and 15%.

E....., A....., H....., M....., S....., S.....





Take photos of fish you find on the Internet, in leaflets, or in magazines etc. to school to put up on the wall and show to the class.

Get to know a product that is vital for our nutrition and find out about more fish species.

