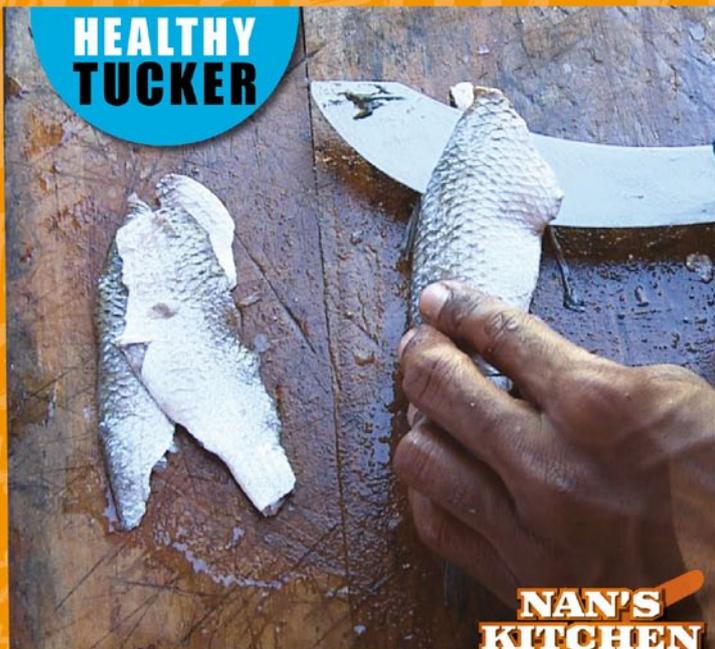


MY NAME

## Healthy Tucker – ‘Winter Fish Soup’ page 25



**HEALTHY TUCKER**

**Feeling fishy**

**NAN'S KITCHEN**  
with Nancia Guivarra

### Warm up with this delicious fish soup

One of my granddads was a pearl diver from Darnley Island and my Dad was also a fisherman, so fish was a staple food in our house. Dad would sometimes go fishing in the early hours of the morning and we'd wake up to fresh fish and rice for breakfast. We'd have fried fish for dinner and he'd make a fish soup out of the bones. He would love to gross us out by sucking the fish eyes out of the soup then eating them. You get the picture. This soup is my version of a hearty fish soup for winter with plenty of healthy vegetables.

### Winter Fish Soup (serves 6)

#### INGREDIENTS

- \* 1 cup of pearl barley (soak in water overnight)
- \* 1 large snapper, separated into meat (cut off the bones) and everything else
- \* 2 litres water
- \* 2 tablespoons of olive oil
- \* 6 cloves of garlic, diced
- \* 1 piece (2-3cm) ginger root, peeled and finely chopped
- \* 1 large white onion, diced
- \* 2 tablespoons of chopped parsley
- \* 2 carrots, diced
- \* ½ bunch celery, diced
- \* 1 large zucchini, diced
- \* juice of 2 lemons
- \* 2 tablespoons of tomato paste

#### METHOD

- 1 Cut the fish meat off the bones and set it aside to use in Step 3. Place all the other fish parts into a pot with the water to make a fish stock. Bring to a boil, then turn it down to simmer. Strain through a sieve to remove all the bones
- 2 Place the olive oil in a big pot and fry the garlic, ginger and onion. Add the fish meat and lightly cook for 5 minutes.
- 3 Add the fish stock, soaked pearl barley and all the other ingredients. Bring to a boil, then simmer for 15 minutes.
- 4 Serve with chunks of wholemeal bread.



## FISH – Good catch!

**FOOD FOCUS**

You don't need to be a scientist or nutritionist to know eating fish is great for your health. For thousands of years, coastal Aboriginal people have fished as a major source of their daily diet, growing strong and healthy by utilising one of nature's greatest sources of protein. Fish is also low in fat, and high in omega-3 fatty acids, the "good" fats that our body can't make enough of on its own. Omega 3s are credited with helping to maintain the health of your heart, reducing

depression, helping to lessen the symptoms of arthritis and keeping your mind sharp.

Dieticians recommend eating fish at least twice every week. Grilling and steaming your fish, rather than frying or covering it in batter, is the healthier option – and be mindful that some fish, namely large predatory fish, can contain unhealthy levels of mercury, but on the whole, if you eat fish regularly you are well on your way to a strong and healthy future.

This is a healthy fish soup recipe for you to make.



snaper

**READ** *Winter Fish Soup* on page 25

## **ACTIVITY 1 BUILDING READING SKILLS**

- skimming and scanning for information
- reading headings, text boxes and pictures
- reading for meaning
- making connections between the text and your world

There are three levels of comprehension questions:

**Literal** The answer is located in one sentence in the text.

**Inferred** You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know.

**Applied** The answer is in your background knowledge, what you already know or feel.

Shade one bubble.

1. The text says that this recipe needs

- 1 cup of pearl barley
- 2 cups of pearl barley
- 3 cups of pearl barley
- 4 cups of pearl barley

(literal)

2. The recipe says that this soup can be served with

- sugar
- extra snapper
- chunks of wholemeal bread
- fish stock

(literal)

3. What must you do first when making this recipe?

- fry the garlic, ginger and onion
- cut the fish meat off the bones
- serve with chunks of wholemeal bread
- add fish stock

(inferred)

## ACTIVITY 2 LANGUAGE CONVENTIONS - SPELLING

The spelling mistakes in these sentences have been underlined.

Write the correct spelling for each word in the box.

1. Cut the fish meet off the bones.

2. Simer the stock.

3. Soak the pearl barley overnite.

Each sentence has one word that is incorrect.

Write the correct spelling of the word in the box.

1. You nead one snapper for this recipe.

2. Pore out one litre of water.

3. Use a wite onion in this recipe.

## ACTIVITY 3 LANGUAGE CONVENTIONS – GRAMMAR

Shade one bubble.

Which word correctly completes these sentences?

1. Add the fish meat and \_\_\_\_\_ cook for 5 minutes.

- light
- lightly
- lighten

2. Merren had \_\_\_\_\_ soup because it tasted so good.

- few
- more
- much
- many

3. The fish was very \_\_\_\_\_ before it was scaled.

- shine
- shiny
- shinier
- shiniest

## ACTIVITY 4 LANGUAGE CONVENTIONS – PUNCTUATION

1. Which sentence has the apostrophe ( ' ) in the correct place?

- Every day we'd wake up to fresh fish and rice for breakfast.
- We would make soup from the fish bone's.
- You will need 2 tablespoons' of parsley.
- Everyone love'd this soup.

2. These two sentences have a missing full stop. Put the full stop where it should go to end the first sentence.

This soup is made from fish It warms you up and it is delicious.

3. Which sentence has the correct use of capital letters?

- My Grandad was a Pearl Diver from Darnley Island in Australia.
- My grandad was a pearl diver from Darnley Island in Australia.
- My grandad was a pearl diver from darnley Island in Australia.
- My grandad was a pearl diver from darnley island in australia.

4. Put the missing apostrophe ( ' ) where it should go in this sentence.

My Dad would sometimes go fishing early and hed bring fresh fish home for breakfast.

5. Which sentence is punctuated correctly?

- I love this soup! said Jemma.
- "I love this soup! said Jemma."
- "I love this soup!" said Jemma.
- I love this soup! "said Jemma."

6. Which punctuation is correct in this sentence?

- Could I have some more soup!
- Could I have some more soup?
- could I have some more soup?
- Could I Have Some More Soup?

## ACTIVITY 5 WRITING A PROCEDURE

A recipe is a PROCEDURE text.

A PROCEDURE gives you step by step instructions about how to make something.

This recipe gives you the procedure for making Winter Fish Soup.

Draw six steps in this recipe.

1	2	3
4	5	6

Write the recipe for your favourite meal.

INGREDIENTS

METHOD