

MY NAME

## Healthy Tucker 'Fish – good catch!' page 25



**HEALTHY TUCKER**

**Feeling fishy**

**NAN'S KITCHEN**  
with Nancia Guivara

### 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.

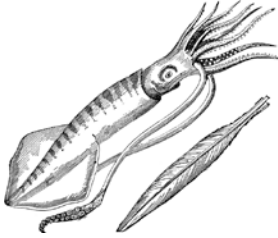







## ACTIVITY 1 MATCHING WORDS AND PICTURES

There are a lot of different types of fish.

Match the names of these fish and shellfish with their pictures.

The first one has been done for you.

snapper	
prawn	
squid	
sardines	
mussels	
shark	

## ACTIVITY 2 READING A DESCRIPTIVE REPORT

Did you know that starfish are not really fish?

They are really called sea stars.



Read this Descriptive Report about Sea Stars.

	<b>Sea stars</b>
<b>Classification</b> not fish	Sea stars are not fish. They only live in salt water and they are related to sea urchins.
<b>Descriptions</b> species	There are 20000 species of sea stars. Most sea stars have five arms.
<b>protection</b>	Their hard skin protects them from most predators, and many have bold colours that camouflage them or scare off attackers.
<b>new limbs</b>	Sea stars can make new limbs if they are cut off.
<b>no brain &amp; no blood</b>	Sea stars have no brain and no blood. Their nervous system is spread through their arms and their "blood" is actually filtered sea water.

Answers these questions.

Colour one box.

1. Are sea stars really fish?

YES

NO

2. How many arms do most sea stars have?

1

2

5

3. Can sea stars grow new arms if they are bitten off?

YES

NO

**ACTIVITY 3 READING AND WRITING A SENTENCE.**

Sea stars can make new limbs  
if they are cut off.

Cut the sentence into its words.

Sea	stars	can	make	new	limbs
-----	-------	-----	------	-----	-------

if	they	are	cut	off	.
----	------	-----	-----	-----	---

Mix them up and match them with the words in the sentence.

Practise writing the sentence below.

---

---

---

---

---

---



## ACTIVITY 4 SPELLING

Cut the word **sea** into its letter patterns.

Mix them up and put them back together.

s	ea
---	----

Cut the word **stars** into its letter patterns.

Mix them up and put them back together.

st	ar	s
----	----	---

Cut the word **make** into its letter patterns.

Mix them up and put them back together.

m	ake
---	-----

Can you think of other words that end in **ake**?

---

---

---

Practise writing **sea** three times.

---

---

---

---

Practise writing **stars** three times.

---

---

---

---

Practise writing **make** three times.

---

---

---

---