

Learn with Searcher

FOOD FROM THE SEA

Seafood is a good source of protein, which helps your body to grow and repair. Some fish like salmon, mackerel and sardines also contain healthy fats that are good for your heart.



Salmon

Salmon is a large fish, which can be sold as steaks, fillets or in cans. Grilled salmon fillets with cooked spinach and boiled new potatoes makes a great dinner.



Tuna

Tuna is a large fish, which can be sold as steaks, fillets or in cans. Try it in a salad with potatoes, green beans, cherry tomatoes and a spoonful of low-fat mayonnaise.



Prawns

Prawns are shellfish, which can be sold raw or cooked, with or without a shell. Try them in a wholemeal bagel with low-fat mayonnaise and watercress.



Crab

Crab is a shellfish, which can be sold fresh, cooked or in cans. Try it in a pasta salad with tomatoes, sweetcorn and spring onions.



Mackerel

Mackerel is a medium-sized fish, which can be sold fresh, smoked or in cans. Grilled mackerel fillet tastes delicious with some fresh salad leaves.



Sardines

Sardines are small fish, which can be sold fresh, frozen or in cans. Try them canned in tomato sauce in a wholemeal sandwich with lettuce and a squeeze of lemon juice.



Rainbow trout

Rainbow trout is a medium-sized fish that lives in fresh water. It can be sold whole or as fillets. Try it roasted with red peppers and almonds.



Sea bass

Sea bass is a medium-sized fish, which can be sold whole or as fillets, fresh or frozen. Try it baked in tin foil with lemongrass and ginger. Eat it with some crunchy broccoli.

Seafood challenge

Seafood includes fish like tuna or salmon, and shellfish like crab or prawns. Next time you go to the supermarket why not look at all the different kinds of seafood they sell?

- Can you name any other seafood, not mentioned here?
- What types of seafood have you tried?
- What is your favourite type of seafood?