



FISHY BUSINESS

Let's talk about fish

How do you like to eat fish? Is it fish and chips or sardines on toast? Maybe a tuna sandwich or with pasta? Chat with an adult in your house. Fish is really good for our brains and we should try to eat it twice a week.

Read the Fish poem below with an adult.

How I wish

I were a fish!

My day would begin

Flapping my fins

I'd make a commotion

Out in the ocean.

It would be cool

To swim in a school

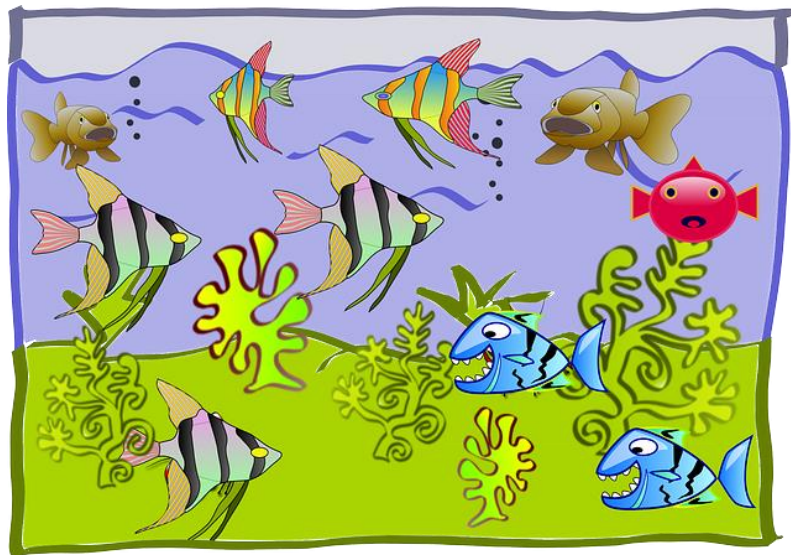
In the sea

I'd move so free

With just one thought

Don't get caught.

(Poem by Loretolady)



Fishy Moves

Fish are clever too! They have fins to help them move forward and in different directions rather like your legs help you to move. They use their tails to steer. A group of fish swimming together is called a school or shoal. You go to school to learn and play with other children.

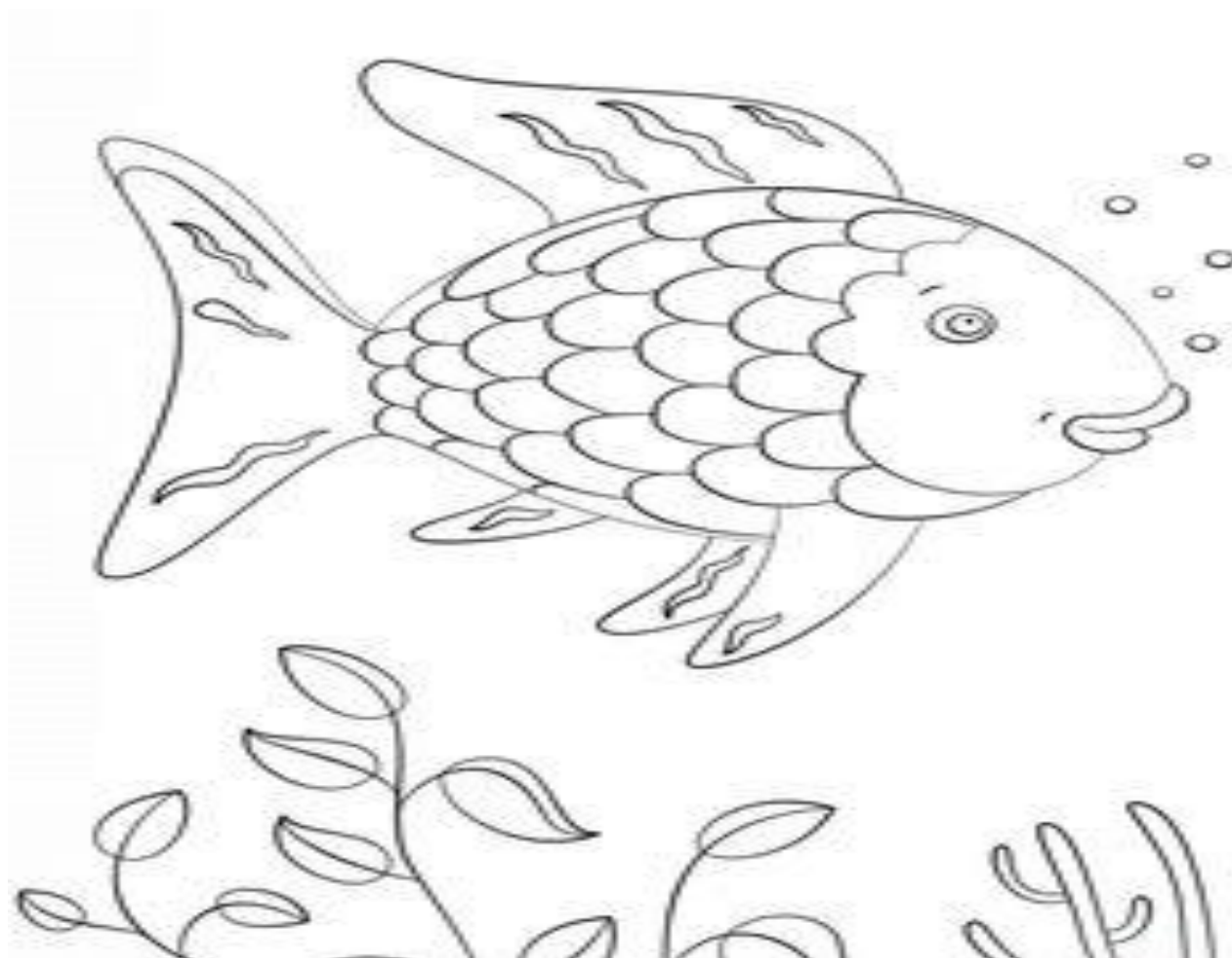
Pretend you started your day as a fish. Flap your arms like the fins of a fish to help you move forward and in different directions. Imagine you have a tail to help you steer. Move quickly then slowly and pretend to swim in a school of fish.

Phonics Fun

With an adult in your house, say the word 'fish' and 'wish' out loud. Can you hear the 'sh' sound? Think of some other words that have the same sound in them. For example: wish, dish, sheep, shop, ship. The 'sh' sound is the same sound we make when we want people to be quiet! You have to be really quiet when you see little fish in the water. Any noises make them quickly hide away.

Count and Colour

Count the scales on the fish below. Colour each scale and the fins to make the fish look bright and shiny.

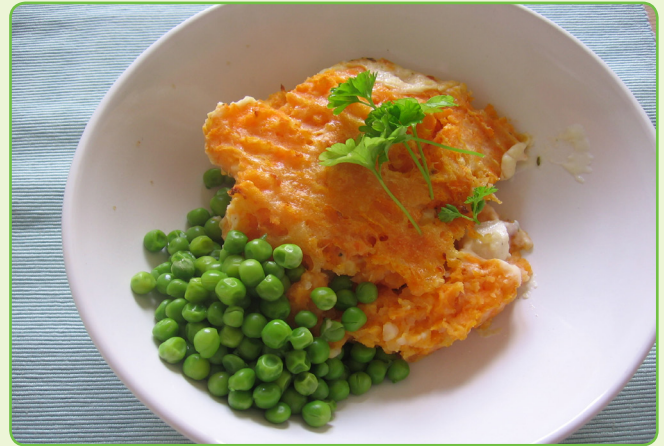




EASY PEASY TUNA FISH PIE

This fishy dish uses tinned tuna which contains healthy omega-3 fatty acids. You could use any root vegetable in place of the sweet potato (but remember it will take longer to cook). You can also replace the peas with any green veg or try swapping tuna fish for white fish or salmon.

For a delicious vegetarian alternative try replacing the fish with butter beans or cannellini beans.



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons and cups; use a jug to measure liquids; chop using the bridge/claw safely; use a vegetable peeler safely; use a box grater safely; mash; whisk; use a colander; use the hob (with adult supervision); season to taste.

Equipment: Vegetable peeler, saucepans, spoons, measuring jug, whisk, fork, bowl, tin opener, colander, wooden spoon, oven proof dish, masher, box grater, steamer.

Allergens*: Celery | Milk | Fish | Gluten (stock)

Ingredients (serves 2):

- 2 medium old potatoes, peeled and chopped
- 2 medium sweet potato, peeled and chopped
- 1 small can of tuna, in spring water, drained
- 1/2 small can of sweetcorn, canned in water, drained
- 2 tbsp low fat soft cheese, with garlic and herbs
- 75 ml vegetable stock, low salt
- 1/2 tbsp cornflour, blended with 1 tbsp water
- 15g cheddar cheese, mature
- 150g frozen peas
- Black pepper, to taste

*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.

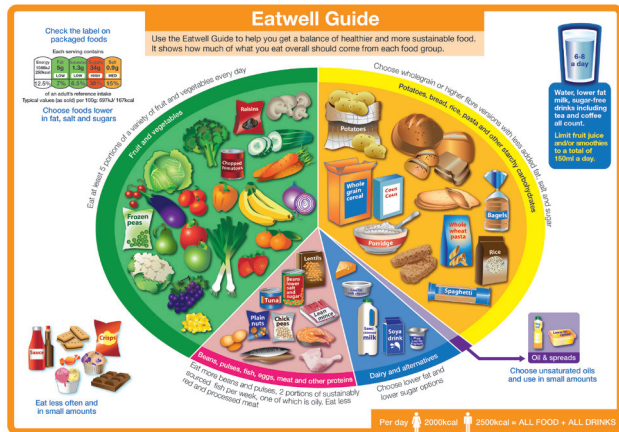
Method

1. Preheat the oven to 190C / fan 170C / gas mark 5.
2. Peel the potatoes and sweet potatoes and cut into chunks (-3x3cm). Place in boiling water and boil for about 10 minutes until the vegetables are tender.
3. While the potatoes cook, put the soft cheese and stock into another saucepan and heat gently. Stir with a whisk, until blended and smooth. Now add the blended cornflour and cook until thick.
4. Open the tin of tuna and drain into a colander. Use a fork to break the tuna into chunks and add to the sauce. Stir in with the sweetcorn kernels. Season with some pepper. Tip the mixture into an oven dish
5. Drain the potatoes using a colander, keeping back a small amount of cooking water in the pan. Tip the drained potatoes back into the pan, season with pepper and mash well.
6. Spoon the mash over the top of the fish in sauce, and use a fork to spread it across the whole baking dish.
7. Grate the cheese finely and sprinkle over the pie.
8. Bake for around 30 minutes until piping hot throughout and golden brown on top.
9. Ten minutes before the fish pie is ready, put the peas (or other green vegetables) in a steamer. Add boiling water and steam the veg for a few minutes until tender and piping hot.
10. Use a serving spoon to lift portions onto plates, and add a spoonful of green veg on the side. Easy peasy!



EASY PEASY TUNA FISH PIE

Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about easy peasy tuna fish pie ...

Tuna is an excellent source of protein, as well as a range of vitamins and minerals. Fish is lower in saturated fats than meats so is a really healthy source of protein in our diets.

Potatoes are a nutritious and filling starchy food; low in fat and a source of vitamin C and fibre.

Soft cheese is an excellent source of protein and calcium. Choose reduced fat varieties where possible.



Energy, sugar, fat and salt per serving

Per 450g serving

ENERGY
2033kJ / 482kcal **24%**

LOW **FAT**
8.0g **11%**

LOW **SATURATES**
4.0g **20%**

MED **SUGARS**
24.5g **27%**

MED **SALT**
1.5g **26%**

% of an adult's reference intake

Typical values per 100g : Energy 449kJ / 106kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage

GET PHUNKY IN 15 MINUTES WITH THE PHUNKY15



A series of 15 minute physical activity ideas that you can do in the home with no equipment or apparatus. The children can even do this in their home clothes – no need to get changed. So there really is no excuse, start now, get active, get Phunky with Phunky15.

The warm up...

Gym Stretches - Ask the children to stand in a space. The children should copy your actions.

1. Stretch your left arm across your body and hold for 10 seconds do the same with the right arm.
2. Spin both arms around like a windmill going forward for 5 and back for 5.
3. Now reach forward and try and touch your toes.
4. Now jump up and down and shake your body all about.



Main activity...

Simon Says - Give each child a beanbag or soft ball. Call out throwing and catching commands to the children starting "Simon says...". The children must then carry out the action. If you do not include the prefix "Simon says..." the children must not carry out the action. Choose actions such as throw the beanbag/ball high, throw it low, throw it from one hand to the other, throw it and clap before catching it again etc.

Cool down...

Kneeling Dog - Get the children in a space and kneel down. They should then lean forward, keeping their bottoms on their heels and stretching their arms out on the floor in front of them. The children should hold the stretch for 10 seconds. Slowly return to a kneeling position sitting upright. Then ask them to raise their arms above their head and stretch out their body, holding for 10 seconds before relaxing.



DRAWING MEDITATION - 5 minute Mindfulness practice



WALT What Am I Learning Today?

- Associate happy emotion with facial expressions.

WILF What I am Looking For?

- Being able to represent happiness in drawings.

Guidance and preparation

- In the house or outdoors.

Resources

- Paper and coloured pencils.
- Coloured chalk or sand.
- Nature resources eg twigs/leaves.

Useful for...

PSHE eg circle time and talking about happiness.

Activity (3 minutes)

1. Adult to lead brief discussion about recognising happiness eg: What does your face look like when you are happy?
2. Children to draw/make their own face when happy.

Discussion (2 minutes)

- Children show their drawing and explain what happens to their face when they are feeling happy