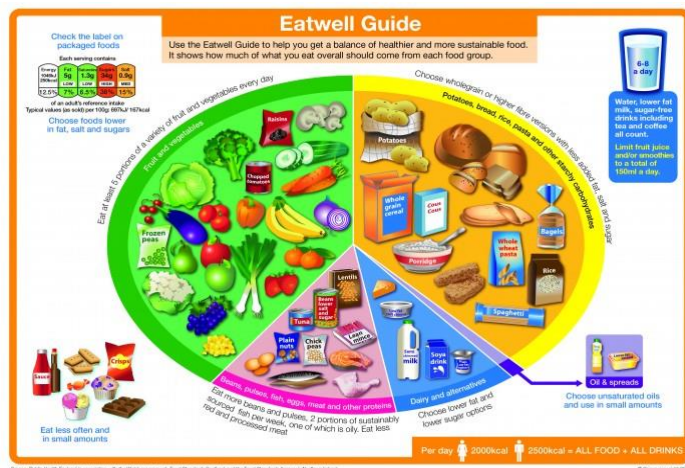




Look at the Eatwell Guide below and remind yourself which section fish fits into. Record the types of fish you know about and the ways you eat fish in the box next to the guide.



My Thoughts

- Think about recycling so we don't throw away as much plastic
- Take your own shopping bags rather than using plastic ones
- Make sure you always take litter home

Record your ideas in the box below.

Ways we can reduce Ocean Pollution

Healthy Oceans



It's important to buy fish that is *sustainable*. Sustainable fishing means seafood that has been fished where fish are allowed time to replenish (fill up again) and no more than is needed is fished. In addition, the fish have been caught using methods that reduce damage to other marine life. For example, using nets that allow smaller fish to escape rather than being caught and thrown away.

Tuna Investigation

Tuna is one the most popular fish that we eat. Look at a can of tuna and see if it has 'responsibly sourced' written somewhere on the label. If it has, it means that it has been caught by fishermen who have followed the sustainable guidelines and they are helping the oceans to stay healthy.

Did you know that the Atlantic Bluefin tuna can be over 2 metres long and weigh up to 250kg? That's the weight of about four adults! Using your long stride as about 1 metre long, measure out how long a Bluefin tuna can be.

Skipjack tuna is the most common type of tuna to eat. It can be canned in water, brine (salt water) or oil. Which do you think is the healthiest?

How many cans might you get from a Skipjack tuna fish weighing about 20kg? Remember, not all parts of the fish are used such as the head, skin, bones, tail and guts!

Think of all the ways you can eat tuna and how you can include it in your meals. Check out the PhunkyFoods website for recipes that contain tuna and other tasty fish.

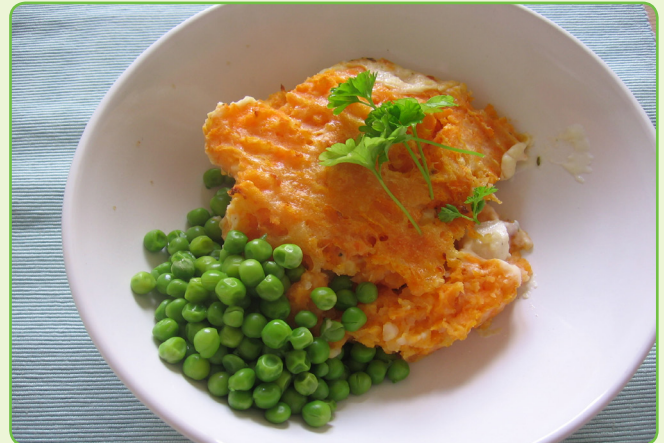




EASY PEASY TUNA FISH PIE

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.

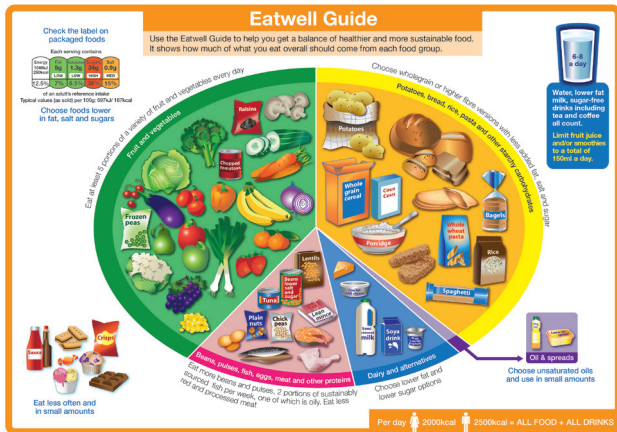
Method

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.





MINDFUL DRAWING - 15 minute Mindfulness practice

WALT What Am I Learning Today?

- Associate happy emotion with body state.
- Understanding that you can choose activities to lift your mood.

WILF What I am Looking For?

- To recognise which activities make me feel happy.

Guidance and preparation

- In the house or outside; children in pairs.

Resources

- Body outline template or roll of frieze paper for children to draw round their buddy's outline. You could use outside chalks if paper is limited.
- Paper and coloured pencils.

Useful for...

- PSHE eg circle time and talking about how choice of activity can help lift our mood.

Activity (10 minutes)

1. Adult to lead brief discussion about choosing activities that make us feel happier.
2. Children to discuss with buddy/partner/adult - activities that make them feel happy.
3. Children to draw their body outline and annotate where they feel happiness in the body eg relaxed shoulders, smile on face.

Discussion (5 minutes)

- Children to show their drawing to their partner and discuss any similarities or differences in body sensation when feeling happy.
- Adult to lead a discussion about how you know when you are not happy and what choices you could make to lift your mood?