**1 lesson – Fish twice a week (especially oily fish)**

**Learning Outcomes:**

* **To learn that oily fish is rich in essential omega 3 fats**
* **To understand the importance of omega 3 fats for physical and mental wellbeing**
* **To be able to name sources of omega 3 fish and other foods**

**Key Vocabulary:**

* Omega 3, oily fish, essential fats

**Key messages:**

* Omega 3 is a type of **essential fat** that helps our brain development, mood & concentration.
* Omega 3 also helps to keep our heart, skin, and lungs in good condition.
* Most people get too little omega 3 fat in their diet
* Oily fish is the best source of omega 3
* There is some omega 3 fat in white fish, shellfish, walnuts, rapeseed oil and some green vegetables
* We should eat 2 portions (2 x 140g) of fish twice a week, making at least 1 portion an oily fish
* Oily fish includes salmon, sardines, herring, mackerel and trout
* Fresh, canned, frozen, pickled and smoked versions all count
* Fish also contains protein, vitamins and minerals

**Suggested activities:** Pupils can explore the following:

* Pupils can look at the graph of [Omega 3 levels per 140g portion](http://www.highfive.scot.nhs.uk/wp-content/uploads/2016/11/FISH.docx) highlighting which ones they have tasted, which ones they have seen in the shops, and which ones they eat quite often.
* Do the ones they eat often have high levels of omega 3? (Do they eat fish at all!)
* Are there any oily fish items on the school meals menu and have you tried it?
* Which omega 3 rich fish would you recommend for a family on a budget?
* Pupils can discuss ways of including oily fish in the diet including smoked, fresh, frozen, pickled and canned versions.

**Cross-Curricular Opportunity**

* Link with history: eg: Highland Clearances and the development of the herring fishing boom in Scotland (Why Ullapool, Golspie and Wick were built!)
* Link to ecological aspects of biology: Look which fish are recommended and which are not depending on their sustainability. Can search for specific fish at [www.fishonline.org](http://www.fishonline.org)

**Further Support:** Look at the Seafood in schools resources www.seafoodinschools.org and consider joint working with them to promote fish intake. They can arrange fish tasting, cooking and learning events involving high school and older primary children within your ASG. Visit [www.seafoodinschools.org](http://www.seafoodinschools.org) for more information.