VIBE ACTIVITIES

VibeSchool

Healthy Tucker – *Namas* page 25

HEALTHY TUCKER

Namas
Serves 4

INGREDIENTS

❋ 1 x mullet cut into thin pieces (you could also use queenfish fillets, trevally or another pelagic species)
❋ 1 cup Vinegar
❋ Ginger & garlic
❋ 1 lime (or lemon)
❋ 2 fresh chillis
❋ 1-2 onions
❋ Salt and pepper

METHOD

1. Finely dice ginger and garlic, and combine with vinegar, enough to cover all ingredients

2. Slice the onion to make circles, and place in bottom of dish

3. Cover the onion circles with a good serving of black pepper and a sprinkling of salt

4. Slice the fish fillets thin so they cook in the vinegar quickly, and lay the fish on top of the onion rings.

5. Dice chillies and sprinkle over the fish and other ingredients

6. Slice lime (or lemon) thinly and layer them on top of all the ingredients

7. Cover the ingredients with vinegar to soak in the fridge or an esky with ice and chill for 30-45 minutes

Fisherman's treat

Made from fresh fish fillets pickled in vinegar, namas is fresh, tasty and simple to make. You can even make it while you're out fishing, just bring the ingredients you need readymade from home, some ice and an esky, and add some fresh fish caught right from the ocean – a delicious and healthy snack!

MOVE IT MOB STYLE

Watch Move It Mob Style to see how namas is made!

FOOD FOCUS

BARRAMUNDI – A GOOD CATCH

The name 'Barramundi' is an Aboriginal word meaning "large-scaled river fish". Barramundi or Barra as it's known, is found across the Northern Territory and the Kimberley coast and throughout the river systems in Queensland. Barra lives in a variety of locations from open water, creeks, rivers and billabongs and can be both wild-caught and farmed. It's a big fish, and can weigh over 20kgs.

When you eat Barra you'll be getting plenty of good nutrition because it's a good source of protein and omega-3 fatty acids. It also contains essential vitamins and minerals like vitamin A and D, B vitamins, calcium, iron, zinc, potassium, magnesium and selenium.

Barra can be cooked using a variety of methods because of its moist texture and mild flavour. It can be pan-fried, steamed, chargrilled or barbecued. Try serving it with leafy green vegetables like baby bok choy and rocket and you'll get to enjoy a tasty and nutritional meal.

Barramundi are an Australian fish. Its name means "large-scaled river fish."

Barramundi are found in the Northern Territory in creeks, rivers and billabongs. They can weigh up to 20 kg.

Northern Territory

Barramundi Spirit by Edward Blitner 2008

ACTIVITY 1
CATCHING FISH

Draw your idea in the box.

Draw a picture of you going fishing with your family. Draw what you catch.

ACTIVITY 2
MATCHING PICTURES AND WORDS

There are lots of types of seafood.

Look at the picture on the left. Look at the word on the right.

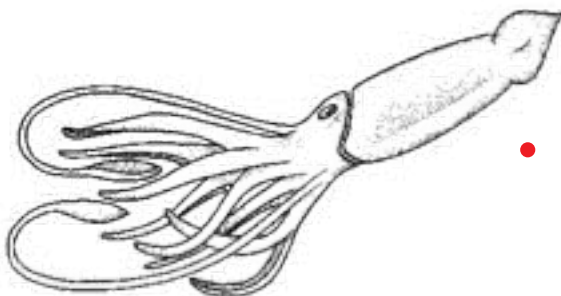Draw a line to match each picture to the correct word.

- fish

- squid

- crab

- prawn
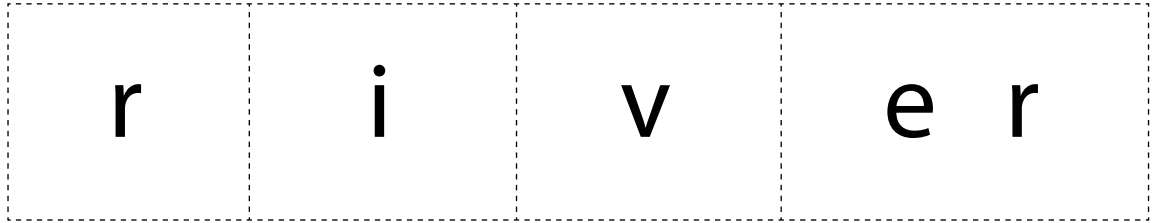
- scallop

ACTIVITY 3
SPELLING

1 Cut the word **river** into its letter patterns.
Mix the letters up and put them back together.

r	i	v	e r

2 Practise writing **river** three times.

_____

_____

_____

3 Cut the word **billabongs** into its letter patterns.
Mix them up and put them back together.
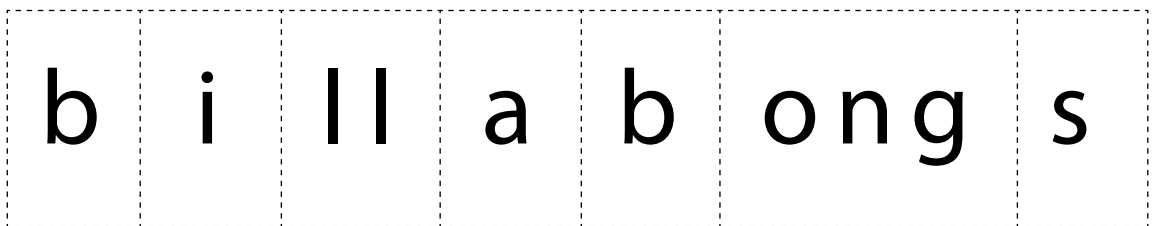
b	i	ll	a	b	on g	s

4 Practise writing **billabongs** three times.

_____

_____

_____

5 How many other words can you make from the word **billabongs?**

_____

_____

_____

_____

ACTIVITY 4

SPELLING

1 Cut out the letters from the top table. Mix them up. Paste the letters next to the correct word in the bottom table. Practise writing the word in the box.

n	a	m	e
f	i	s	h
c	o	o	k
g	o	o	d

name		
fish		
cook		
good		

ACTIVITY 5
WRITING SENTENCES

1 Use each word from the box to make a sentence.
Write each sentence below.
Read each sentence aloud to check they make sense.

Write your answer on the line.

catch	fish	cook
rivers	family	steamed

I like to __ __ __ __ __ barramundi.

_____

Barramundi are found in creeks, __ __ __ __ __ __ and billabongs.

_____

I go fishing with my __ __ __ __ __ __ .

_____

We __ __ __ __ the fish.

_____

I like to eat __ __ __ __ and chips.

_____

I like my barramundi __ __ __ __ __ __ __ .

_____

ACTIVITY 6
EASTER FUN

1 Count by 2s to connect the dots.
Colour your picture.
Maybe you will see this at Easter!

Connect the dots, Count by 2's