

VIBE ACTIVITIES

Healthy Tucker – Namas page 25



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!

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

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 chillies
- * 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

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.

FOOD FOCUS

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

Draw
your idea
in the box.

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



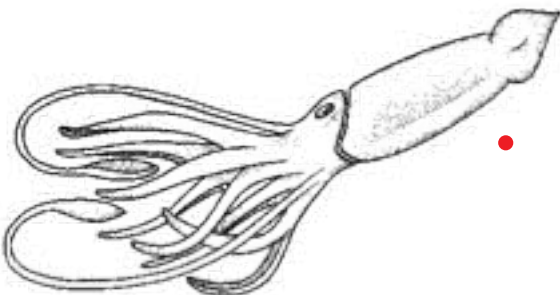
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• crab



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• prawn



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• scallop

ACTIVITY 3

LEARN YOUR ALPHABET

Practise writing the letters of the alphabet in lower and upper case.

Aa 	Bb 	Cc 	Dd 	Ee 
Ff 	Gg 	Hh 	Ii 	Jj 
Kk 	Ll 	Mm 	Nn 	Oo 
Pp 	Qq 	Rr 	Ss 	Tt 
Uu 	Vv 	Ww 	Xx 	Yy 
Zz 	Write your name here			

ACTIVITY 4

SPELLING

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

f	i	s h
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- 2** Practise writing **fish** three times.

- 3** Cut the word **cook** into its letter patterns.
Mix them up and put them back together.

c	o o	k
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- 4** Practise writing **cook** three times.

ACTIVITY 5

Join the dots by counting to 10.
Colour your picture.

