

VIBE ACTIVITIES

Healthy Recipe – Fish Skewers: Easy to cook and scrumptious page 25

Easy to cook and scrumptious

FISH SKEWERS MAKE A GREAT FAMILY MEAL. THEY ARE FUN TO MAKE, AND EASY TO COOK AND EAT. EVEN KIDS LOVE THEM. THEY'RE COLOURFUL AND FULL OF GOOD NUTRITION. YOU CAN USE ANY FIRM FISH TO PUT ON THE SKEWERS AND VARY THE VEGETABLES YOU USE TO SUIT YOUR FAMILY'S TASTES. LING FISH WORKS WELL, BUT YOU CAN ALSO TRY SWORDFISH, SHARK, ATLANTIC SALMON OR SNAPPER OR ASK YOUR FISH SHOP FOR SUITABLE ALTERNATIVES.

HEALTHY
RECIPE



FISH SKEWERS makes 8

- * 8 wooden skewers
- * 800g ling fish fillets, cut into 2.5cm (1") cubes
- * 4 types of fresh vegies (eg button mushrooms, capsicum, zucchini, red onion) cut into 2.5cm (1") cubes
- * 8 cherry tomatoes
- * 1 cup instant couscous
- * ¼ cup chopped parsley and ¼ cup sesame seeds (to garnish)
- * salt and pepper to taste

MARINADE

- * 150ml soy sauce
- * 1 teaspoon of fish sauce
- * 1 clove garlic, finely chopped
- * 1 teaspoon brown sugar
- * 2 teaspoons grated ginger
- * two drops of sesame oil
- * 2 small red chillies, finely chopped (optional)
- * juice of one lime or lemon (save a little for the couscous)
- * 2 tablespoons finely chopped coriander

METHOD

1. Assemble the fish skewers, alternating the cubes of fish, vegetables and cherry tomatoes evenly among the 8 skewers.
2. In a small jug, mix together the marinade ingredients.
3. Place fish skewers in a shallow non-metallic dish and pour over the marinade. Put the dish in the fridge for one hour.
4. Meanwhile, place the couscous in a bowl, add a squeeze of lemon and cook according to packet directions.
5. Cook fish skewers on a very hot BBQ or frying pan for 1 minute. Turn over and cook for another minute or until cooked.
6. Divide cooked couscous among serving plates. Place the fish skewers on top of couscous. Sprinkle with chopped parsley and sesame seeds. Season to taste.

ACTIVITY 1

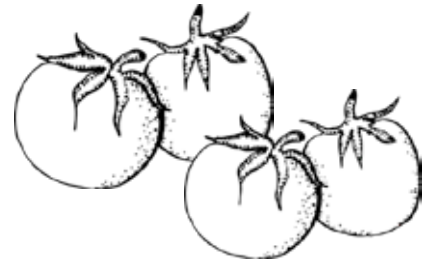
INGREDIENTS FOR FISH SKEWERS

1 Draw a line to match each ingredient with its picture. Colour the pictures.

fish



mushrooms



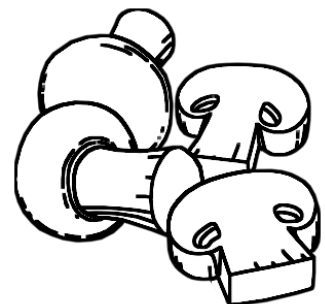
red capsicum



tomatoes



parsley



READ *Healthy Recipe – Fish Skewers* on page 25

ACTIVITY 2

BUILDING READING SKILLS

- skimming and scanning for information.
- reading headings, text boxes and pictures.
- reading for meaning.
- making connections between the text and your world.

There are three levels of comprehension questions:

Literal	The answer is located in one sentence in the text.
Inferred	You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know.
Applied	The answer is in your background knowledge, what you already know or feel.

1 What type of text is a recipe?

(applied)

- Narrative
- Information Report
- Procedure
- Biographical Recount



2 In this text, fish skewers are described as “easy to cook and scrumptious.” In this sentence, what does *scrumptious* mean?

(inferred)

- easy to cook
- has a great taste
- doesn't take long to cook
- fun to cook

3 Write the numbers 1 to 4 in the boxes to show the order of tasks in the recipe. (inferred)

- Pour the marinade over the fish.
- Cook the skewers on a very hot barbecue or frying pan.
- Place the cooked fish skewers on top of couscous and garnish with parsley.
- Assemble the fish skewers.

4 The recipe says that the chillies are optional.
What does *optional* mean?

(inferred)



Why do you think the chillies are optional?

5 Explain why this is a healthy recipe.

(applied)

ACTIVITY 3

LANGUAGE CONVENTIONS - SPELLING

1 The spelling mistakes in these sentences have been underlined.
Write the correct spelling for each word in the box.



Fish skewars are a great family meal.

They are full of nutrishon.

You can add any vegetables that suit your families taste.

2 Each sentence has one word that is incorrect.
Write the correct spelling of the word in the box.

Sordfish works well in this recipe.

Different types of fish can be sootable.

Cherry tomatos taste great.

3 Circle the misspelt words from the text and rewrite them correctly.

cuting skewers chopped grated juise ingrediants



4 Unscramble these words from the text.

peeicr	
emaarnid	
oeapso tn	



ACTIVITY 4

LANGUAGE CONVENTIONS – GRAMMAR

1 Which one of these is a correct sentence?

- Put the fish in the fridge for an hour.
- While it is in the fridge.
- Cutting the fish.
- On a hot barbecue.



2 Which word correctly completes this sentence?

I cook this recipe for dinner tonight.

- were
- will
- are
- is

3 Which word correctly completes this sentence?

I am using ling fish in this recipe I could also use other types of fish.

- because
- then
- and
- but



4 Which word in this sentence is an **action verb**?

Assemble the fish skewers.

- Assemble
- the
- fish
- skewers

ACTIVITY 5

LANGUAGE CONVENTIONS – PUNCTUATION

1 Which sentence is punctuated correctly?

- Fish skewer's make a great family meal.
- They're colourful and full of nutrition.
- Use vegetable's to suit your familys taste.
- Put cherry tomatoes' into the recipe.



ACTIVITY 6 WRITING A NARRATIVE



1 TOPIC – My fishing adventure



The common Stages and phases of an effective narrative often include:

Stages	phases
Orientation	This sets the scene, creating a visual picture of the setting, atmosphere and time of the story. Characters are introduced and clues are set in place for the coming complication.
	Sequence of events that is expected.
Complication	An unexpected problem or complication occurs that affects the main character. This usually creates tension.
	Characters react to the problem.
	Problem seems to be resolved.
	A new problem occurs, which is now often worse than before.
Resolution	The problem is solved and the story ends.

Brainstorm your ideas for your story.

Orientation – characters, setting, background information, problem.

Complication – major problem that the main character (protagonist) has to solve.

Resolution – how the problem is solved.

Remember to:

- engage your audience through descriptions and building tension.
- write in a narrative structure.
- connect your ideas clearly.
- start with an attention-grabbing Orientation.
- make sure you have a clearly developed Complication.
- extend your vocabulary.
- write in sentences.
- use a new paragraph for each new idea.
- pay attention to your spelling and punctuation.
- check and edit your writing so that it is clear for a reader.