

NUTRITION

WORKSHEET

1. TRUE OR FALSE:

	TRUE	FALSE
The Eatwell Guide recommends two 140g portions of fish per week , with one being oily fish.		
Scottish salmon is rich in Vitamin D .		
Oil-rich fish like mackerel are high in Omega-6 fatty acids .		

2. COMPLETE THE CHART:

Write the benefits of these nutrients found in seafood:

- PROTEIN:** _____
- OMEGA-3 FATTY ACIDS:** _____
- VITAMIN B:** _____
- IRON (FROM SEAWEED):** _____

3. UNSCRAMBLE THE WORDS:

Discover common Scottish seafood species:

- MLOSNA** _____
- DCO** _____
- SULESMS** _____
- HDADKOC** _____

4. WRITING

What are some ways you could include more seafood in your diet?
Write 2-3 ideas.