

The

Super Yummy

Kitchen

Chartwells Chartwells



Match the Nutrients

Today's curriculum links:

Salmon swim 7000ft up rivers and streams to lay their eggs. When the salmon hatch from their egg, they stay in the fresh water for a while before swimming down to the ocean to live. They then go back to their birth place to lay their own eggs.

KS1 & KS2

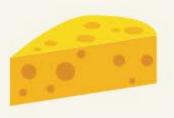
Can you match the fishcake ingredients with the nutrients that they contain?











Vitamin C & Iron
Prevent illness & keep the
blood healthy
Fibre

Keeps our digestive system healthy

2 Calcium
Important for teeth & bones
Saturated Fat

Only small amounts needed

Protein

For muscle growth & repair

B Vitamins

For energy & healthy body

Protein
For muscle growth & repair
Omega-3 fats
Important for our brain

and heart

Carbohydrates
Give us energy
Fibre
Keeps our digestive
system healthy