

School
@
Home

The
Super Yummy
Kitchen

Chartwells
WILMANSLOOT
Chartwells
RECREATION

Match the Nutrients

Today's curriculum links:
SCIENCE & PSHE

?

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?



1 **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

3 **Protein**
For muscle growth & repair
B Vitamins
For energy & healthy body

4 **Protein**
For muscle growth & repair
Omega-3 fats
Important for our brain
and heart

5 **Carbohydrates**
Give us energy
Fibre
Keeps our digestive
system healthy