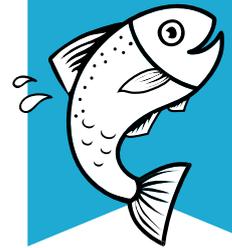


# Enjoying King salmon

LEVEL  
2-5



SLO: Students will be able to share information about King salmon and why it is good for you.

## INTRODUCTION:

As well as being a superb and nourishing food and rich in protein, vitamins and minerals, King salmon is a natural source of healthy Omega-3s, of which the known health benefits are many and affect the body, and mind.

## WHAT YOU WILL NEED:

- Enjoying King salmon information sheets 1 & 2 – 1 of each per student
- Enjoying King salmon activity sheet – 1 per student
- Websites like: [www.regalsalmon.co.nz](http://www.regalsalmon.co.nz)

## ONLINE VERSION:

[kingsalmon.co.nz/ed/activity14](http://kingsalmon.co.nz/ed/activity14)

## ACTIVITY:

There are many ways to enjoy King salmon. Discuss the health benefits with your students and give them the activity sheet to work through in class and/or to take home to work with their families.

**Note:** The New Zealand King Salmon Company is happy to provide some King salmon for your class to sample during this activity, or could arrange for a staff member to fillet a fish.



**King Salmon - One of the healthiest foods there is**



**Salmon**

**A Few Facts**

- Populations that consume large amounts of oily fish tend to have a lower incidence of heart disease, cancer and many other chronic diseases.
- Oily fish are those with the natural oils distributed throughout the flesh and are consequently of very high nutritional value.
- King salmon has the highest natural oil content of all salmon - a rich source of healthy Omega-3.
- Salmon is especially good for children because its high levels of Omega-3 fatty acids help with brain growth, body development and learning.

**New Zealand King Salmon**  
Grown in our backyard in the Marlborough Sounds

### Getting your fair share of salmon

Salmon is a great tasting fish with many health benefits. There are lots of ways to enjoy salmon - as the main part of a meal, to supplement other ingredients and as a snack.

Only 20g of salmon is enough to meet your recommended daily intake of Omega 3s. That's just 150g per week (roughly the size of a computer mouse) and 150g of salmon costs only around \$3 - \$3.50

### Easy ways to incorporate salmon into your family diet

Eggs and smoked salmon are great partners, and frittata or quiches are easy and healthy dishes that make for a great lunch or picnic meal.

Disguise small amounts of salmon in your meals by using flaked smoked or fresh salmon in a pasta dish or salad or even on top of pizzas, in a tart or quiche or even in a stir-fry.

Cold smoked salmon slices are easy to use, and a little bit goes a long way in a sandwich or salad.

Place frozen salmon in a sealed freezer bag and it will last up to six months in the freezer! Always defrost seafood in the fridge.

You can oven bake, pan fry, grill, poach, microwave, steam, BBQ salmon – and even eat it raw! The options are endless. Visit this link to learn about how long to cook your salmon: [www.regalsalmon.co.nz/cooking-methods](http://www.regalsalmon.co.nz/cooking-methods)

### Buying:

All major supermarkets in New Zealand stock our salmon, along with local fishmongers or smaller food retailers. Feel free to call 0800 SALMON (0800 725 666) and a customer sales representative will direct you to your closest retail outlet.

You can go online to find a wide range of salmon recipes to suit everyone's tastes. Regal Salmon have a great range of healthy and tasty recipes – you can find them at [www.regalsalmon.co.nz](http://www.regalsalmon.co.nz)



### Salmon is...

an excellent source of high quality protein which is needed to repair cells, is important for energy levels and contains important antioxidants.

#### Long-chain omega-3 fatty acids:

- have proven health benefits for the heart, brain & bones
- help control weight & inflammation
- are good for your eyesight.

#### For children, omega-3s found in oily fish such as salmon are extremely beneficial in giving them a great start in life:

- essential nutrients for brain growth & development
- bone health
- learning & behaviour
- treatment of some brain disorders.

#### The Omega-3 Centre\* says:

- some health problems among children can be partly attributed to diets lacking in long chain omega-3s
- growing children should increase their intake of omega-3s by as much as five times their current level
- adults and children should aim to eat at least 500mg per day of long-chain omega-3s (20g [about 60c worth] of fresh salmon or 40g of smoked salmon or two cans of tuna).

One of the world's healthiest seafoods, King salmon are grown right here in the Marlborough Sounds by New Zealand King Salmon and marketed under the Regal and Southern Ocean brands.

Find out more at:  
[www.omega-3centre.com](http://www.omega-3centre.com)  
[www.kingsalmon.co.nz](http://www.kingsalmon.co.nz)



### Creamy Pasta Bows with Regal Smoked Salmon, Honey and Baby Peas

*Produced on behalf of Regal Salmon, by Sophie Gray*

Pasta bows or "farfalle" are pretty and easy for little hands to skewer with a fork, but any pasta shape will work for this dish, including spaghetti.

#### Ingredients

- Approx 500gms dried pasta bows (enough for 4- 6 people)
- 100gms Regal Cold Smoked Salmon slices; finely sliced
- 1 cup frozen baby peas
- 1 tbsp runny honey
- 1 tsp wholegrain mustard
- Squeeze of lemon juice
- Handful of chopped parsley
- 1/2 cup starchy water from cooking pasta
- 1/3 cup "lite" crème fraiche

#### Method

Cook the pasta according to the packet directions then drain reserving ½ cup of the starchy cooking water.

Return the cooked pasta to the pan. Toss in the peas and the ¼ cup of the reserved pasta water and place over a gentle heat and stir, so the peas begin to cook.

Add the smoked salmon, honey, wholegrain mustard, parsley and lemon juice and mix. When the peas are piping hot fold in the crème fraiche and mix lightly so the pasta is dressed in the sauce, adding a splash more pasta water if necessary. Ensure the salmon is distributed throughout the dish and serve.

**New Zealand's king salmon species is one of the healthiest foods around.**

# ACTIVITY SHEET

## Enjoying King salmon

In class or at home find out why King salmon is so good for your mind and body.

### Ask:

- Have you ever eaten King salmon?
  
- What ways have you had it?
  
- Name some ways in which you could eat King salmon.

**Take the information sheet home and share what you have learnt about King salmon with your family.**