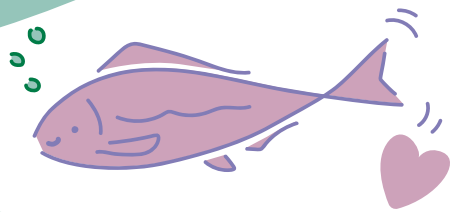
Fisherman Finley loves going out in his boat with his fishing friends to catch fish.

His favourite fish is salmon — it's yummy and super healthy!

After a day of fishing, he heads home to enjoy his favourite meal

NURSERY KITCHEN

Salmon is super yummy and healthy and can be enjoyed in lots of different ways.



Fisherman Finley loves to eat salmon with pasta, noodles, rice, potatoes, peas, broccoli, eggs and so much more!

NURSERY KITCHEN

Fisherman Finley says:

Point to your brain

Point to your eyes

Point to your heart

Salmon is really good for you! It's an oily fish, full of omega-3 fats that help your brain to think and learn, help your eyes see clearly, and keeps your heart strong and healthy!

NURSERY KITCHEN

Fun Facts

Salmon can live in both rivers (freshwater) and oceans (saltwater). Not many fish can live in both environments!

Salmon are born in rivers, swim to the ocean to grow big and strong, then swim all the way back home, back to the river where they were born to lay their eggs.

Salmon can be shiny silver on the outside and pink or orange inside.

Salmon are amazing swimmers; they can travel hundreds of miles upstream to get back to where they were born!

Salmon change colour as they grow!

NURSERY KITCHEN