



# King salmon brainbox

SLO: Students will research and present information on ways that eating King salmon can keep your brain healthy.

## INTRODUCTION:

The Omega-3 found in King salmon plays a big part in the intellectual development of babies and children.

## WHAT YOU WILL NEED:

- King salmon brainbox activity sheet – 1 per student
- Scissors and glue or sellotape

## ONLINE VERSION:

[kingsalmon.co.nz/ed/activity16](https://kingsalmon.co.nz/ed/activity16)

## ACTIVITY:

This is a great activity to use as a starter as it covers some basic facts about King salmon in a fun way by creating a brainbox. Students can use the existing one or use just the outline to make their own and put their own information on the brainbox.



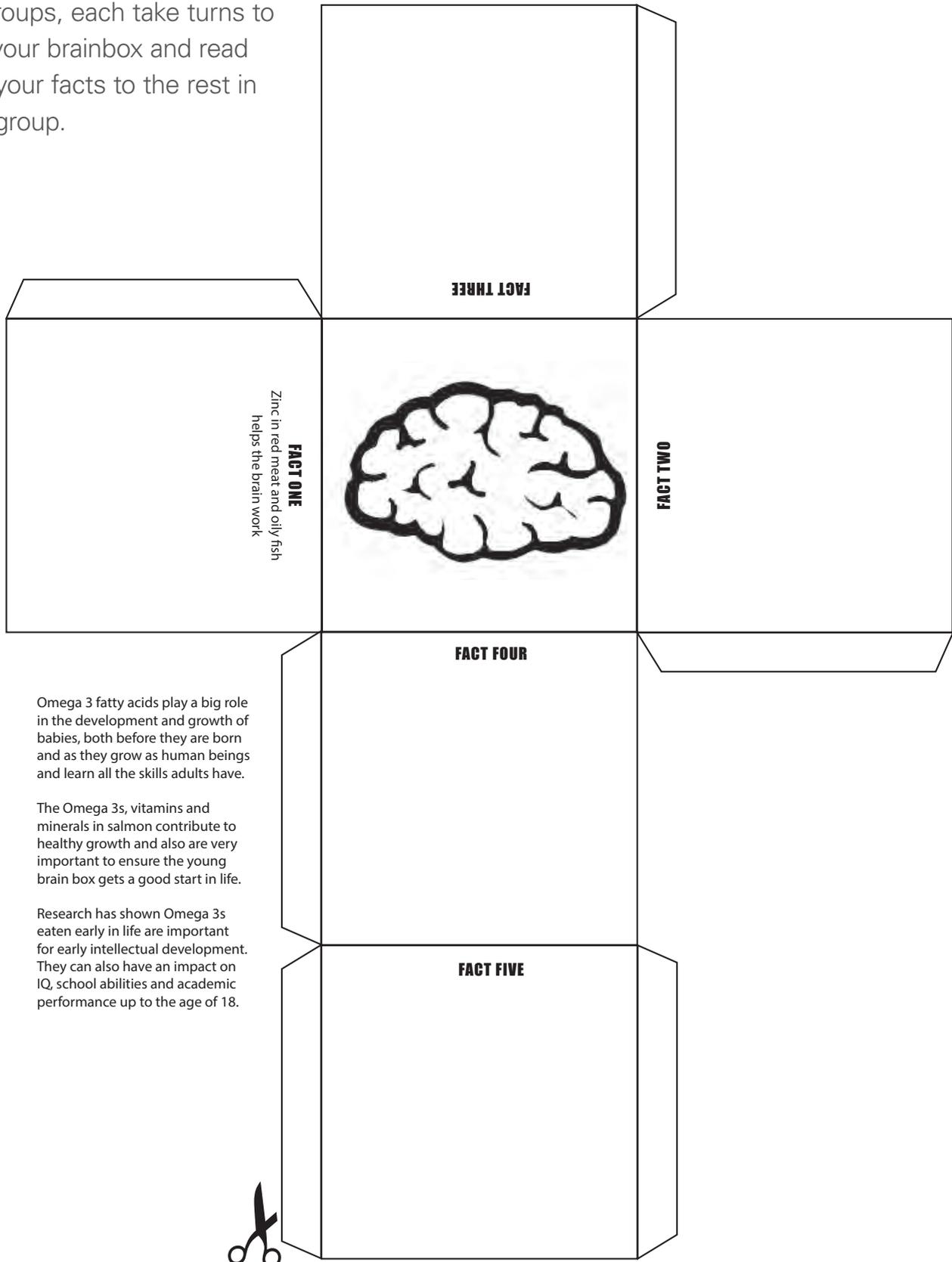
# ACTIVITY SHEET

## King salmon brainbox

Find out four facts about how King salmon is good for your brain - we've given you one as a starter. Write the facts in the spaces on your box.

Draw pictures and colour them in. Cut out the box and glue or sellotape together.

In groups, each take turns to roll your brainbox and read out your facts to the rest in the group.



Omega 3 fatty acids play a big role in the development and growth of babies, both before they are born and as they grow as human beings and learn all the skills adults have.

The Omega 3s, vitamins and minerals in salmon contribute to healthy growth and also are very important to ensure the young brain box gets a good start in life.

Research has shown Omega 3s eaten early in life are important for early intellectual development. They can also have an impact on IQ, school abilities and academic performance up to the age of 18.