



# Food technology

**SLO:** Students will be able to design their own recipe using King salmon, find out the nutritional content, and investigate packaging.

## INTRODUCTION:

King salmon is a food that is growing in popularity, especially because of its high levels of healthy oil, Omega-3. It is a food that can be eaten raw, smoked or cooked for breakfast, lunch, dinner or as a snack.

King salmon grown in New Zealand is coveted worldwide because of its superior taste and appearance, and because it is farmed sustainably.

## WHAT YOU WILL NEED:

- Food technology activity sheets 1, 2 & 3 – 1 per student
- Regal salmon packaging
- Websites: [www.regalsalmon.co.nz](http://www.regalsalmon.co.nz)

## ONLINE VERSION:

[kingsalmon.co.nz/ed/activity22](http://kingsalmon.co.nz/ed/activity22)

## ACTIVITY:

Students learn about the Regal salmon food product through designing a recipe, looking at nutritional content and investigating packaging.



# ACTIVITY SHEET 1

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### 1. Design your own recipe

Research recipes using King salmon. Find tips on cooking King salmon. How do you keep the nutritional content?

Have a go at following an existing King salmon recipe (try: [www.regalsalmon.co.nz/recipes](http://www.regalsalmon.co.nz/recipes)), then design your own recipe and make the dish.

A successful dish should look like you would want to eat it (appearance), have nutritional value (be a healthy option) and taste good.

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# ACTIVITY SHEET 2

## 2. Nutritional content

Compare nutritional content of smoked King salmon vs raw King salmon vs cooked King salmon – what’s the same, what’s different, which one is best for you?

Nutrition Information		
SERVINGS PER PACKAGE - 4 SERVING SIZE - 50g		
AVERAGE QUANTITY	PER SERVING	PER 100g
Energy	640kJ	1280kJ
Protein	10.1g	20.2g
Fat, total	12.5g	25.0g
- saturated	2.6g	5.1g
- trans	less than 1g	less than 1g
- polyunsaturated	2.6g	5.1g
- omega 3	1.2g	2.4g
- EPA	0.3g	0.6g
- DHA	0.5g	1.0g
- monounsaturated	6.1g	12.2g
Carbohydrate	less than 1g	less than 1g
- sugars	less than 1g	less than 1g
Sodium	315mg	625mg

**NZ King Salmon  
Natural Wood Roasted**

Nutrition Information		
SERVINGS PER PACKAGE - 2 SERVING SIZE - 125g		
AVERAGE QUANTITY	PER SERVING	PER 100g
Energy	1490kJ	1200kJ
Protein	21.1g	16.9g
Fat, total	31.8g	25.5g
- saturated	6.2g	5.0g
- trans	less than 1g	less than 1g
- polyunsaturated	6.7g	5.4g
- omega 3	3.1g	2.5g
- EPA	0.6g	0.5g
- DHA	1.2g	1.0g
- monounsaturated	16.4g	13.1g
Carbohydrate	less than 1g	less than 1g
- sugars	less than 1g	less than 1g
Sodium	30mg	25mg

**Regal Fresh Cuts Loins**

Nutrition Information		
Servings Per Pack - 3 Av. Serving Size - 50g		
Average Quantity	Per Serve	Per 100g
Energy	600kJ	1200kJ
Protein	9.6g	19.1g
Fat, total	11.6g	23.3g
- saturated	2.7g	5.4g
- trans	<1.0g	<1.0g
- polyunsaturated	2.8g	5.6g
- omega-3	1.4g	2.7g
- EPA	0.4g	0.7g
- DHA	0.5g	0.9g
- monounsaturated	5.9g	11.8g
Carbohydrate	<1.0g	<1.0g
- sugars	<1.0g	<1.0g
Sodium	335mg	670mg

**Southern Ocean  
Cold Smoked**

# ACTIVITY SHEET 3

## 3. Packaging

Using the New Zealand King Salmon food packaging in the kit, look at what is on each side:

- What are the features of each side?
- Make a list.
- Think about the materials the packaging is made from and why they use those materials.
- Design new packaging that The New Zealand King Salmon Company could use.

## 4. King salmon vs Atlantic salmon

Research what the differences are between locally grown farmed King salmon and imported farmed Atlantic salmon. Include how they are farmed, nutritional content and their physical features.