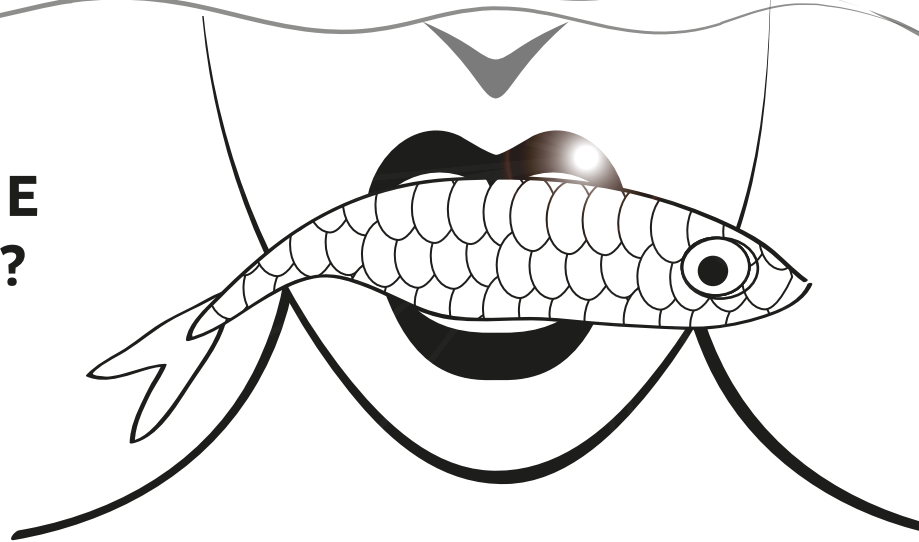


FACTOID SHEET FISH AS FOOD

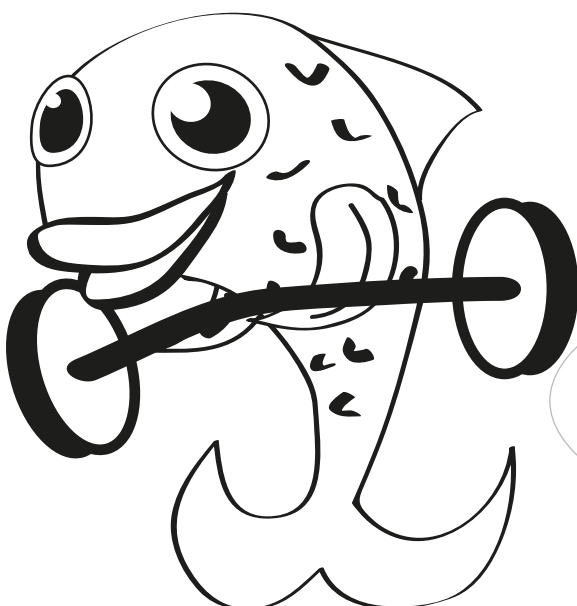
**DO YOU
WANT SAUCE
WITH THAT?**



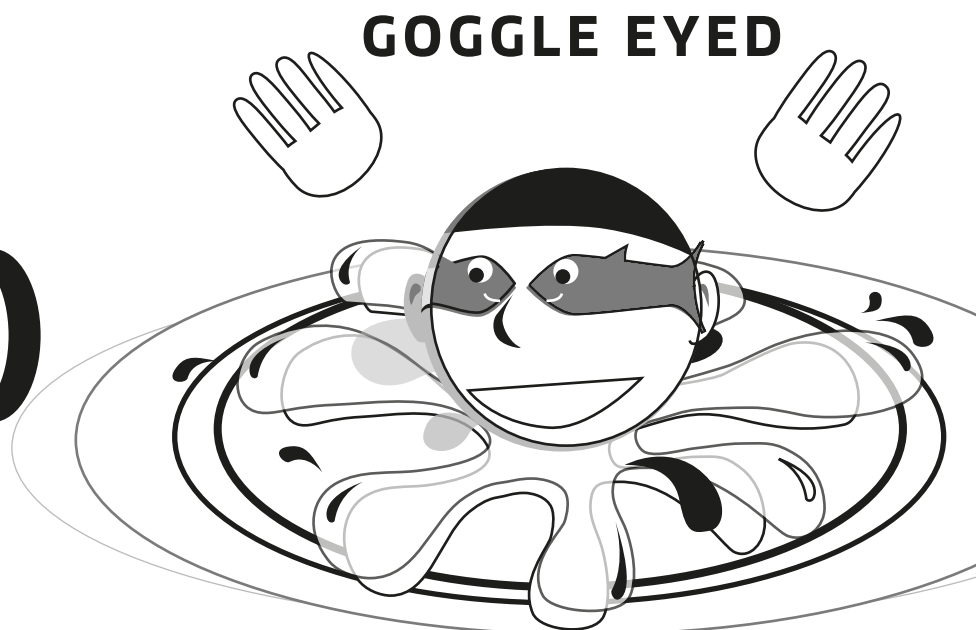
Worcestershire
Sauce is made
from anchovies



Pearlescence - the silver shiny
substance found in fish scales - is
often used in cosmetics to give them
that glow and shimmer

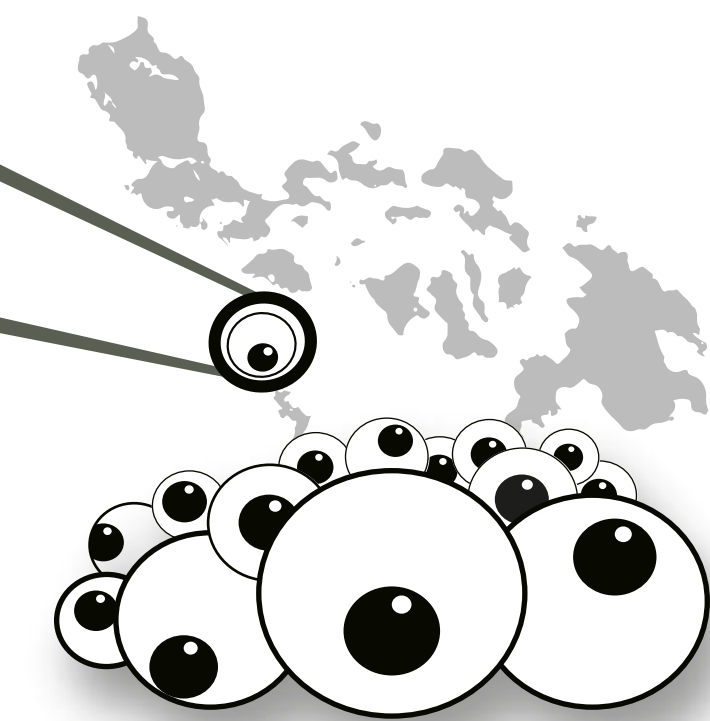


Fish is a good source of
IRON

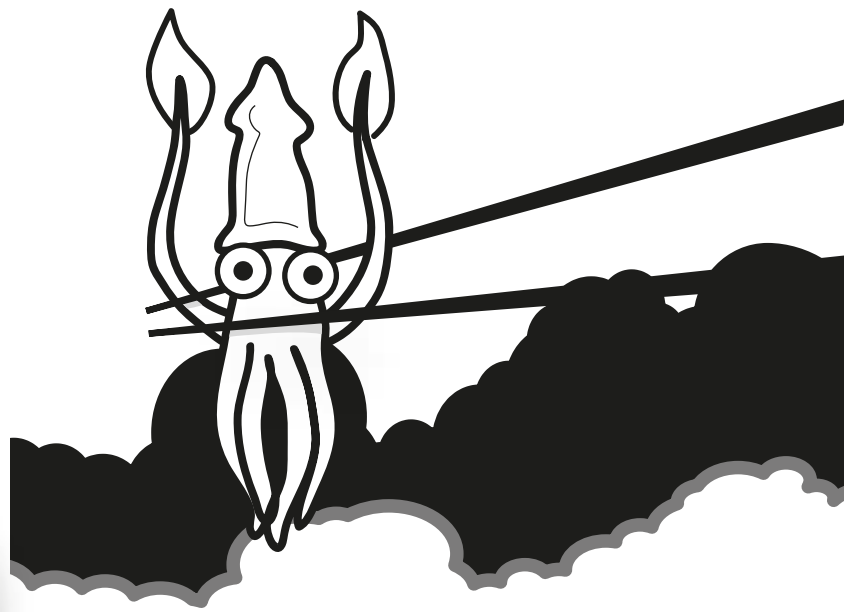


GOGGLE EYED

Fish scales have been heated up
and squashed together to make
swimming goggles



Fish eyes are a delicacy in the Philippines and other parts of Asia



In Japan they eat fresh raw fish (usually squid) served in a sauce made of fermented fish/squid guts



To test how fresh a fish is, put it in cold water and if it floats (or swims away) it's fresh!

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