



Child Nutrition Corner- Food Inspires

Our November/December promotion is titled “Get Hooked on Fish”.

LET’S TAKE A LOOK AT SOME INTERESTING FACTS ABOUT FISH:

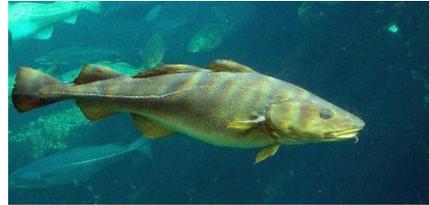
1. Fish are vertebrate animals that live in the water. Vertebrate means they have a spinal cord surrounded by bone or cartilage.
2. Fish have gills that extract oxygen from the water around them.
3. There are over 30000 known species of fish.
4. Some flatfish use camouflage to hide themselves on the ocean floor.
5. Relative to their body size, fish have small brains compared to most other animals.
6. Fish are covered in scales which are often covered in a layer of slime to help their movement through water.
7. Over 1000 fish species are threatened by extinction.
8. Fish are cold-blooded like reptiles and amphibians. They can’t control their body temperature.
9. Fish have a good sense of taste, sight and touch. They can feel pain.
10. Tuna can swim at speeds of up to 70 kph (43 mph).



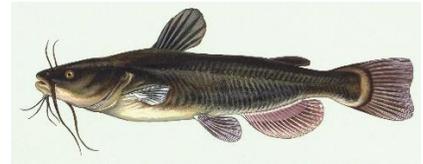
11. Although jellyfish and crayfish have the word ‘fish’ in their name, they aren’t actually fish.



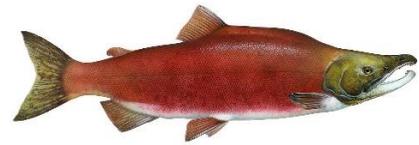
12. Some fish such as Halibut and Cod live in salt water. They live in oceans and seas.



13. Freshwater fish such as trout and catfish live in lakes and rivers.



14. Salmon migrate every year to lay their eggs.



15. The largest fish is the great whale shark. It can grow to 50 feet long.



16. The tiny Philippine goby is about the size of your pinky fingernail.



17. Despite their horsey shape, sea horses are fish. They have very small fins and can't swim fast.



We hope you found this information interesting and inspiring. [Here](#) is where we found some of our information.

Watch our [menu](#) for tuna sandwiches on Tuesdays as well as fish nuggets and fish patties on a bun. We plan to try a new un-breaded fish patty in November and December.

“Get Hooked on Fish”!

**Roxann Roushar
Director of Child Nutrition**