

## **Health Benefits of Eating White Fish Video Lesson Worksheet**

### **Grade 5**

Watch the video **Health Benefits of Eating White Fish**.

Answer the following questions while you are watching the video:

1. Do all fish have the same flavor?
2. What are the different ways you can eat fish?
3. What good things does fish have in it?
4. What benefits do fish have for your body? (Hint: There are 4)
5. How often should you eat fish?
6. Do you eat fish? How have you seen fish prepared in your culture?

At Home Activity: Tell your family about what you learned about the health benefit of eating fish. Ask if you can make a fish recipe together.