

I'm a little Pilchard

Name: _____

I am a little Pilchard
I swim beneath the sea
I am good for many things
Especially Omega-3!

What is Omega-3 you ask?
Well it's simple, you see
Omega-3's are fatty acids
You can be healthy like me!

If you eat fish twice a week
Its goodness can help you
With brain and memory function,
Heart health and eye sight too.

I am a little Pilchard
Don't forget my name
If you include me in your diet
You will be top of your game!



KEY WORDS

Omega-3 Fatty Acids brain memory function goodness

What is the underlying message in the poem? _____

What are the benefits of Omega-3 Fatty Acids? (Discuss this with your class):

