

# Fish Survey

## Outcome:

- 2-1-06: Plan a menu for one day based on the four food groups outlined in Canada's Food Guide to Healthy Eating.
- 2.SP.1. (Mathematics): Gather and record data about self and others to answer questions.
- 2.SP.2. (Mathematics): Construct and interpret concrete graphs and pictographs to solve problems.

## Materials:

- writing utensil

## Teacher's Instructions:

1. Make a class set of pages 2 and 3.
2. As a class, brainstorm the different species of edible fish.
3. Ask students to select five fish that they want to include in their survey. Ask students to write these five fish on page 2.
4. Instruct students to go around the class tallying how many classmates like to eat each type of fish using the tally chart provided on page 2.
5. Once students have collected all their data, ask them to create a bar graph of their results using page 3.

## Teacher Background Information:

The four food groups of Canada's Food Guide to Healthy Eating are:

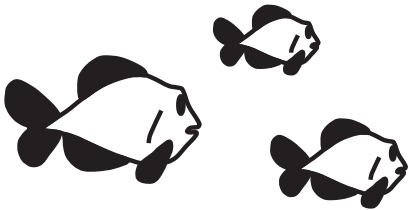
- 1) Grain Products
- 2) Vegetables and Fruits
- 3) Milk Products
- 4) Meat and Alternatives

Each food group provides important nutrients that our bodies need to be healthy. For example:

- 1) Grain Products - Carbohydrate, Iron and B-Vitamins
- 2) Vegetables and Fruits - Vitamin A and C
- 3) Milk Products - Calcium, Protein, Riboflavin and Vitamin A
- 4) Meats and Alternatives - Protein, Iron and B Vitamins

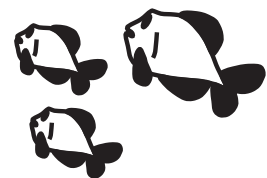
Fish is easy to prepare and a healthy choice for the Meats and Alternatives category. Fish is a good source of high quality protein, and Vitamins D and A, and is generally low in fat. Manitoba's lakes and rivers are home to dozens of species of fish, including walleye (or pickerel), northern pike (or jackfish), catfish, and goldeye. Many Manitobans enjoy catching their own fish to eat! You can also find our fish in the supermarket.

# Fish Survey



Fish Tally Box	
Type of Fish	Number of people who like this fish
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Decide what kind of fish you want in your survey.  
Record the information on this chart.



# Fish Survey Graph



Numbers




Kinds of Fish