



FESTIVITIES

Theme Day Recipes & More

FISH FRY

Bring the tradition of the Fish Fry to your patients, staff and visitors with these popular recipes from Campbell Foodservice. Make it even more “fish-friendly” by utilizing the materials and ideas presented in this thematic module.

History/Fun Facts:

- Fish fries are very common in the Midwest & Northeast regions of the United States.
 - Often, fish fries are offered by restaurants and municipalities on Friday nights, stemming from the Catholic tradition of eating fish on Fridays during Lent.
 - Fish are the largest population of Vertebrate animals with nearly 27,000 living species. If you combined all the other Vertebrates, fish would still outnumber them.
 - Fish are an excellent source of protein, vitamins, and other nutrients.
 - Research suggests that when it comes to memory, fish plays a starring role, especially fatty fish like salmon and sardines thanks to the ample amounts of omega 3 fats they provide.
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Campbell's Thematic Materials on this CD:

Recipes and nutrition information
Tray card messages and templates

Thematic word search game sheet
Clip art

Decorating Ideas:

- Fish cutouts
 - Netting
 - Seashells
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Music Suggestions:

- “Saturday Night Fish Fry” –BB King, “Fish Song” –Nitty Gritty Dirt Band, “Octopus’s Garden” –The Beatles
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Employee Uniform Accessory Ideas:

- Fishing hat/vest with lures
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Famous Quotations:

May the holes in your net be no larger than the fish in it.

–Irish Blessing

“To talk much and arrive nowhere is the same as climbing a tree to catch a fish.

–Chinese proverb

“You know when they have a fishing show on TV? They catch the fish and then let it go. They don't want to eat the fish, they just want to make it late for something. “

-Mitch Hedberg

Web References:

<http://www.doh.wa.gov/ehp/oehas/fish/fishbenefits.htm>

<http://www.peteducation.com/article.cfm?cls=16&cat=1791&articleid=586>



FISH FRY

Word Search

S Q B S N U Y R M H O H A J S H W W S R
R U O A U R D A F V Z S C I A A R Y E E
G L J N Q Q H B F L W I Q B P M L K L N
E O H A L I B U T W A F Y E X A E M Z W
V S V F M G H V K F K D T S H S L P O H
R I I A Q L C M A D L R U L J T V I Z N
F E H E F U H R X F O O R X P R Q T T P
Q I P M W S F Z U C A W U B G O T X Y E
L U S P Y E S Y I B G S W N F U R A Z N
Z D I M A C K E R E L K K N D T Y L B S
A W E W D N D S I W C X I P H E I B N E
S S A B A E S W H O D F B B F W R A K S
Q V C B N R N D D Z W B G N H U O C H D
U Z B E E S L D E O I W M R G R H O N J
Y M S F M V A B L R L E O K W X S R B K
T O F T O H B L G L I G F U R M I E G C
Y H G U O R E G N A R O W U Q A F I F K
X C L D S Y Z K Y Q J S R Q Y O T O R C
W W L W K D O C Z M F N O D E Y A G F U
Y G O R K M D M T S C Z L E G Z C H J W

ALBACORE

CATFISH

COD

FLOUNDER

HADDOCK

HALIBUT

MACKEREL

MAHI-MAHI

ORANGE ROUGHY

RED SNAPPER

SALMON

SEA BASS

SOLE

SWORDFISH

TILAPIA

TROUT

YELLOWFIN