

Lesson plan 09
Sheet 09-4

What the fish pack contains
Instructions for activity

Fish in Bo and UK – What's Included

Lesson 09 -4 fish pack contains the following:

Information sheet on fish in Bo, Sierra Leone
Fish pictures
Children's' worksheet

Instructions for activity

Read the information sheet on Fish in Bo, Sierra Leone. Notice the differences.

Using the fish picture sheet 09-4b and Fish chart 09-4b/2

You will need:

Pictures of the fish – to share among a group
A chart for each child
Something to write with

- (i) Look at these pictures of fish (09-4b) to do the worksheet (09-4b/2)
Copy all ten names of the fish onto the worksheet.

- (ii) Write or tick the correct columns on the worksheet
using the fish information sheet (09-4a)

Find out how the fish is cooked from either the Sierra Leone worksheet or other information in this pack or from your own knowledge of the UK – i.e. fried, fish fingers, in batter and fried, fried with butter, used in stews etc.
Information from the internet might help.

Lesson Plan 09
Information sheet 09-4a

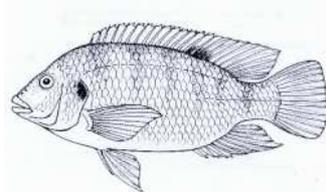
FISH in Bo, Sierra Leone - Information sheet

1. Fresh fish

a. Swamp fishes: tiger fish



River fishes



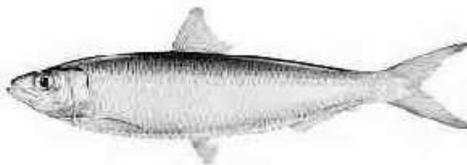
tilapia



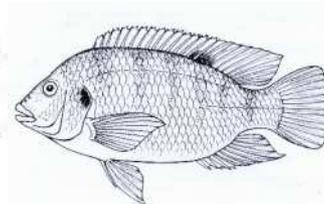
snapper

b. Sea fish: - Mainly in Freetown..

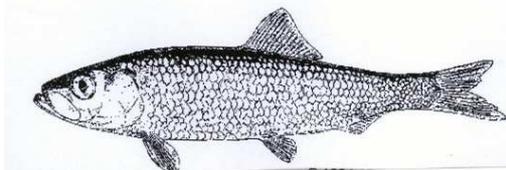
-The major types are sardine fish, tilapia and herring



sardine



tilapia



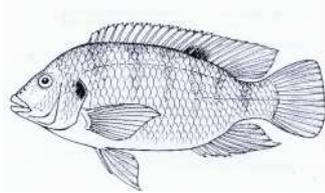
Herring

- Fresh fishes from the sea are preserved or kept fresh at fisheries in ice.

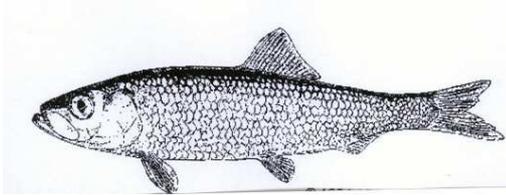
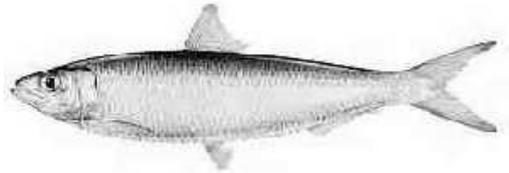
2. Dried or smoked fish

- types: tilapia, sardine fish, herring, snapper

tilapia



sardine



herring



snapper

- from: fresh waters, seas, etc.

processed in many homes by hanging over a fire smoke: and by drying in the sun

Information from Joseph Bockerie Bo, Sierra Leone
Pictures from internet

Drying or Smoking Fish

Do-It-Yourself: Preparing Fish for Drying or Smoking

Source: <http://www.manythings.org/voa/05/2005-11-07-2.html>

"I'm Steve Ember with the Voice Of America Special English Development Report.

Most of the time, fishermen catch more fish than they need for their immediate use.

The extra fish do not have to be thrown away. The fish can be prepared so they can be eaten at a later time. Fish can be dried or smoked. First, however, the fish must be cleaned and salted.

Begin with fish that are just out of the water. They must be treated immediately after they are caught. If the fish are small, do not remove their heads. If the fish are bigger than twenty centimetres long or weigh more than one hundred fifteen grams, then remove their heads.

Remove the scales on the outside of the fish. Cut the stomach open. Remove everything inside. Wash the fish in clean water. Then rub salt into the fish. Now, you are ready to treat them for future use.

Put the fish in a mixture of three hundred grams of salt and one litre of water. This will remove all of the blood from the fish meat.

Keep them there for about thirty minutes. Then remove all the fish and wash them in clean water. Now, put them in a mixture that has more salt in the water. The mixture should be strong enough so that the fish float to the top. If the fish sink to the bottom, add more salt to the water in the container.

Cover the container with a clean piece of wood. Hold the wood down with a heavy stone. Leave the fish there for about six hours. Then, remove them from the salt water and lay them on a clean place. Cover them with a clean piece of white cloth. Let them dry.

Another method of salting fish is called dry salting. Wooden boxes or baskets are used for dry salting.

After cleaning the fish, put a few of them on the bottom of the box or basket. Cover them with salt. Put more fish on top. Cover them with salt too. Continue putting fish and salt in the container until it is full.

Do not use too much salt when using the dry salt method. You should use one part salt to three parts fish. For example, if you have three kilograms of fish, you should use one kilogram of salt.

Remove the fish after a week or ten days. Wash them in a mixture of water and a small amount of salt. Let them dry.

With all this talk about salt, remember that doctors advise people to limit the sodium in their diet. It can raise blood pressure, and some people have a greater reaction than others.

Do-It-Yourself: How to Dry or Smoke Fish, Part 2

Source: <http://www.manythings.org/voa/05/2005-11-13-1.html>

"Last week, we described how to save fish for future use by cleaning and salting them. Today, we will discuss the next steps in keeping fish -- drying or smoking.

To dry fish, you will need either a drying table or a place to hang them. If a table is used, it should have a top made of wire screen or thin pieces of wood with a space between each piece.

Lay the cleaned, wet salted fish on top of the table. Do not let them touch each other. Be sure the air can reach the fish from all sides, including the top and bottom.

Build a small smoky fire under the drying table for the first day to keep the flies away. After that, you can keep the flies away by covering the fish with a thin cloth. Do not let the cloth touch the fish.

Fish taste better if they dry out of the bright sunlight. Put your drying table under a tree for best results. Turn your fish over every other day. Small fish will dry in about three days if the air is dry. Large fish will take a week or ten days to dry.

After the fish have dried, place them in a basket to hold them. Cover them with clean paper or large leaves. Then put them in a cool, dry place, not on the ground.

To smoke the fish, you must first remove as much of the saltwater as possible. The smoking can be done in a large round metal container. Remove the top. Cut a small opening on one side at the bottom.

Cover the top of the container with a strong metal wire screen. This is where you put the fish. Build a small fire in the container by reaching in through the opening at the bottom.

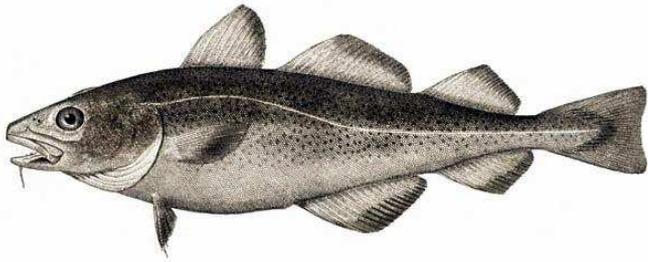
Wood from fruit trees makes good fuel for your fire. Such wood will give your smoked fish good color and taste. Hardwoods such as hickory, oak and ash also burn well.

It is important to keep the fire small so it does not burn the fish. You want a lot of smoke, but very little flame. One way to get a lot of smoke is to use green wood, not dried wood.

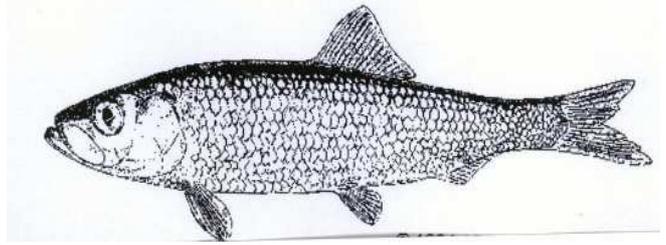
You should smoke the fish for five days or longer if you plan to keep them for a long time. Remove the fish after you finish smoking them. Let them cool. Then wrap them in clean paper.

Put the fish in baskets and keep them in a cool, dry place off the ground. Dried fish must be kept completely dry until they are eaten. "

Write the names of the fish on your worksheet and tick if they are only in Bo or the UK. You may have some in both countries.



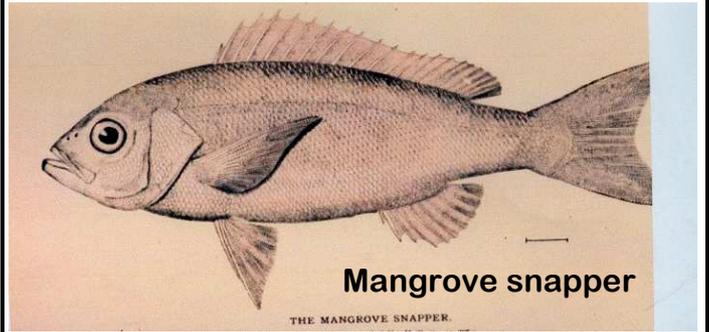
Atlantic Cod



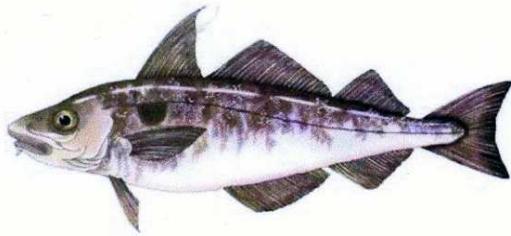
herring



kippers



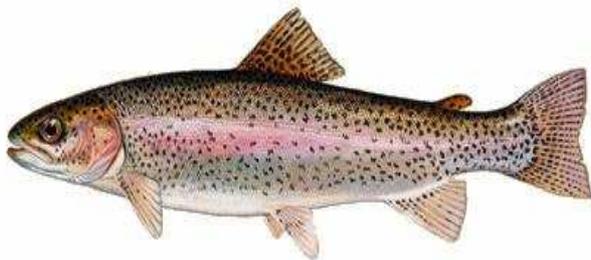
Mangrove snapper



haddock



Pacific sardines



Rainbow trout



Blackfin Snapper

Family Lutjanidae, SNAPPERS
Lutjanus buccanella



Tiger fish

hydrocyon vittatus The scientific name translated means water dog striped.



tilapia

Activity sheet 09-4b

Sheet 2

Put a tick in the box if it is eaten in the UK

Put a tick in the box if it is eaten in Bo.

Write how it is prepared in Bo or in the UK, such as fried, in a stew, fish fingers, in batter etc.

Name of fish	In the UK	In Sierra Leone	How is it cooked?
Atlantic cod			
Herring			
Kipper			
Mangrove Snapper			
Haddock			
Sardines			
Trout			
Blackfin Snapper			
Tiger fish			
Tilapia			