

Osprey Food – Ideas for Food Technology Teachers

Ospreys eat only fish, nothing else. Lessons could centre on any of the following;

1. **What is the nutritional content of fish?**

This lesson could be based on one or more of the following...

- Book research(nutritional data or text based)
- IT based research

(a) What is the energy value of fish?

(b) Fish is a good source of which nutrients?

2. **Problems of eating a fish based diet?**

This raises some interesting questions about a diet based on fish...

**If humans ate an entirely fish based diet, what other nutrients would they be lacking?
What is the consequence of those missing nutrients?**

Humans eating an entirely fish diet would experience health consequences, as a lack of some of the essential nutrients can cause "deficiency diseases"

Pupils could research the nutritional content of fish and look at any important nutrients which are missing - one possible example is scurvy caused by lack of Vitamin C.

This has an interesting historical link when sailors on long voyages suffered from scurvy.

3. **A Balanced Diet**

Trout is a fish commonly eaten by the Rutland Water ospreys.

Pupils could research ways of cooking trout for human consumption and suggest what it could be served with to make a balanced meal.



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4. Pub Grub

A Rutland Water pub has included some osprey related dishes on its menu. From the sale of these dishes a donation goes to the Rutland Osprey Project.

Pupils could invent an osprey related menu and think about marketing it. It could be full menu including a starter, main meal and a sweet or any one of these.

For example 'osprey nest' could be a spaghetti or noodle based dish, with a fishy sauce
The cost of ingredients and how much it would sell for could be part of the plan.

You could produce some of the dishes and trial them!

Let us know what you have come up with and send us a picture!

Links to our social media pages are from our website at www.lrwt.org.uk/rutland-ospreys

5. Ethnic foods

While migrating, ospreys fly over many different countries which have a wide diversity of regional and ethnic foods. Pupils could research the countries that migrating ospreys fly over (the website www.ospreys.org.uk has maps of the routes) and then research the foods of those countries.

Using the internet they could find recipes for the national dishes and you could plan a **“Cook and eat your way along the osprey migration route”** day. Groups of pupils could cook simple dishes from each country and then taste each others dishes.

