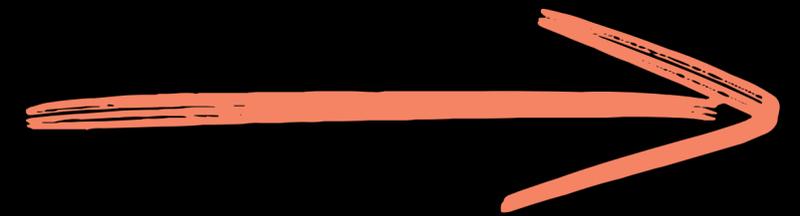


 **ON**
AIR
PlayUP

**WORLD
TUNA
DAY**

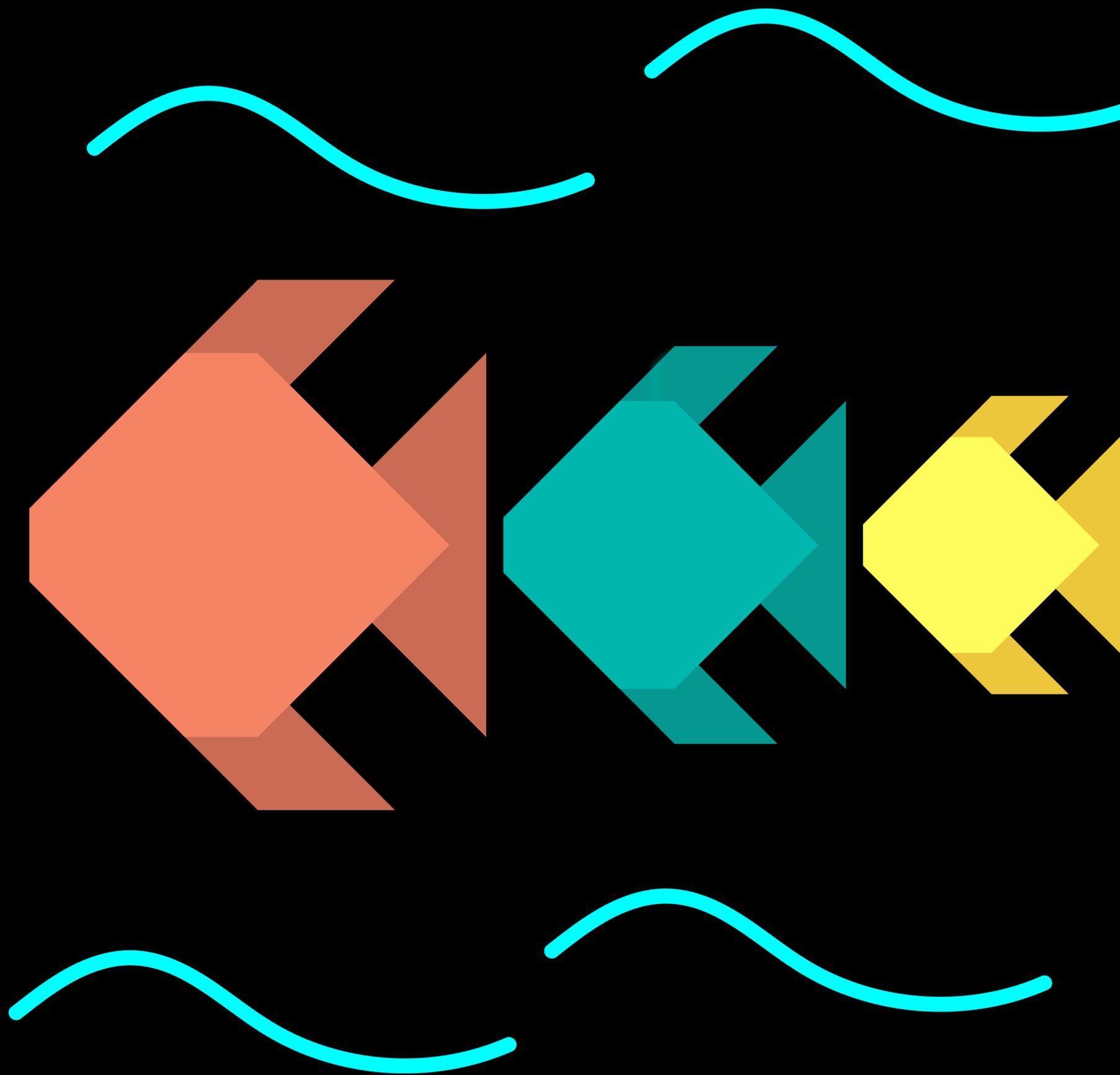


Join the **PlayUP** team
as they make a

FABULOUS MOVING FISH

to celebrate

WORLD TUNA DAY

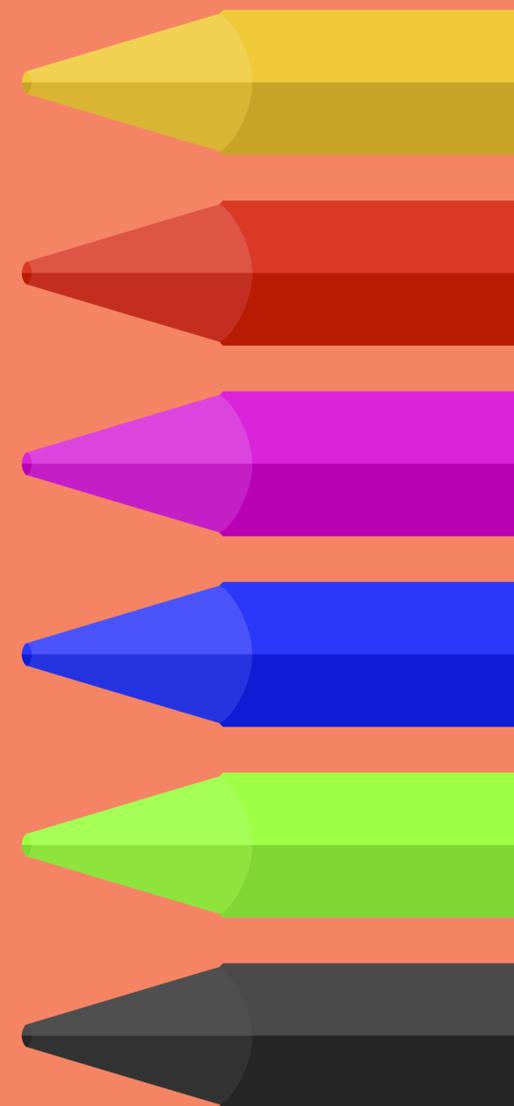
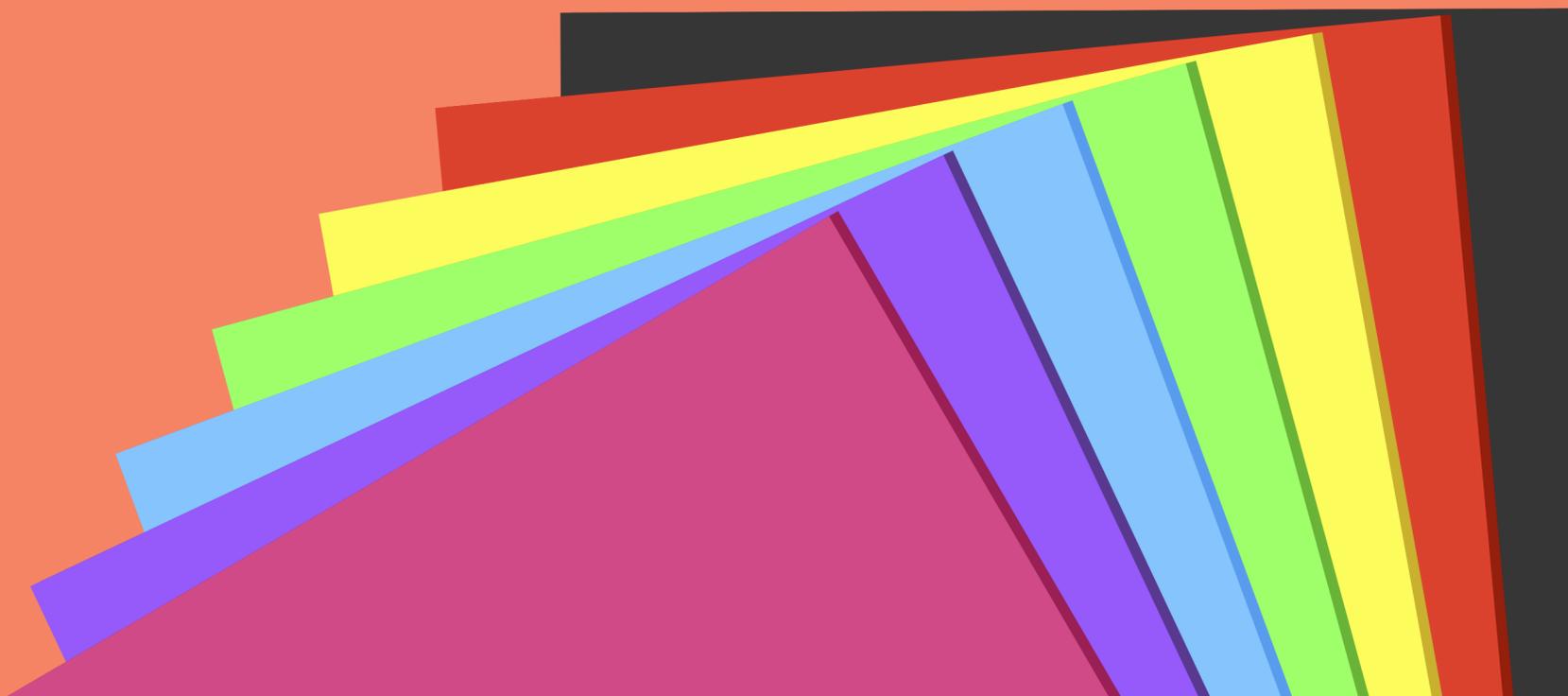
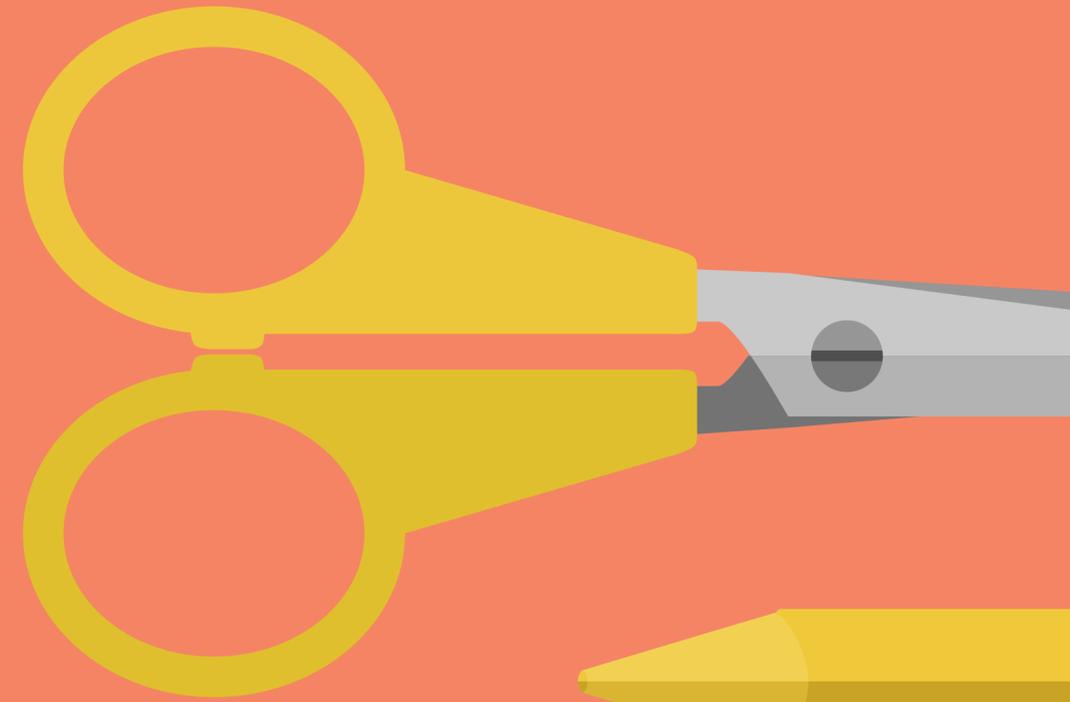
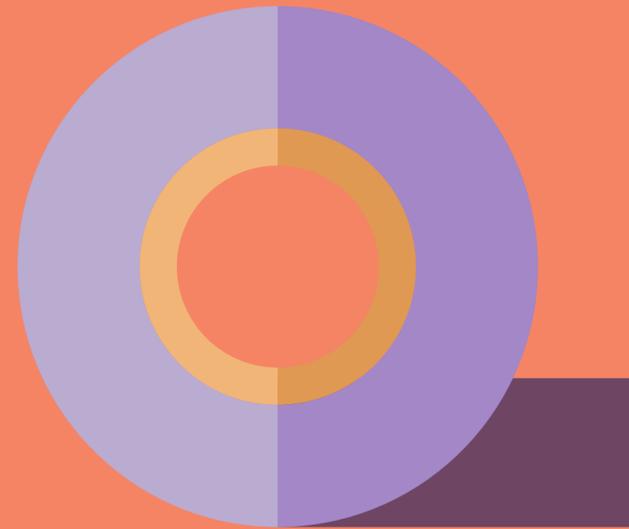


On World Tuna Day we celebrate these amazing animals and remember the importance of fishing and buying sustainably sourced tuna. These fish are an important source of food and employment in many countries. This makes tuna an essential part of sustainable development, food security, economic opportunity, and culture.

Sadly, tuna are at risk of overfishing which would not be good for communities or biodiversity. The good news is we can prevent this through conservation and sustainable fishing. Today 96 countries are working together to reduce overfishing. We can do our part too by buying tuna that has been fished sustainably.

Materials

- Paper
- **Scissors** (please be careful with these)
- **Crayons/Pencils/Textas**
- **Glue Stick or Sticky Tape**

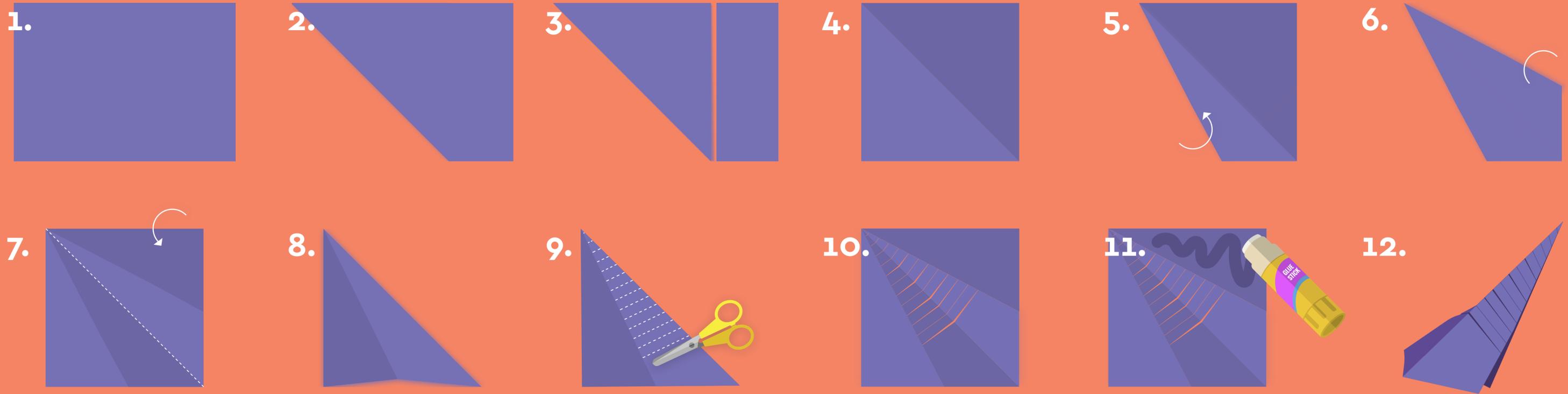


Instructions

1. Using a square piece of paper, fold it in half diagonally to make a triangle. Unfold the paper.
2. Fold one corner to the centre fold, creating a smaller triangle. Repeat on the other side. Unfold.
3. Fold the square in half diagonally again. Cut straight lines along the centre fold that reach half way down the triangle, you can use the folds as a guide. Don't forget to stop cutting and leave space for your tuna's head. Unfold to make a square again.
4. You are going to layer the two uncut triangle of paper over one another to create the belly of your fish. Adhere with glue or sticky tape.
5. Cut shapes of fins and a tail from paper and attach to the fish body.
6. Draw or cut out paper shapes to give your fish eyes.

(See graphical instructions overleaf)

Instructions



**Keep crafting and make a school of tuna!
Use different sized squares of paper to create a whole family of tuna.**

Fun at home

Practice sustainable fishing

Make your own sustainable pole and line fishing game at home.

You will need

- Paper
- Scissors
- Sticky tape or glue
- Sticks
- Wool or string
- Paper clips
- Magnets (use old fridge magnets)

To make and play:

1. Draw and cut out several paper fish.
2. Stick a paper clip to your paper fish to create a mouth.
3. Make the fishing pole out of the sticks by tying the string or wool to one end of the stick and attach the magnet to the other end of the string with a knot or glue.
4. Put the fish into a bowl or a 'sea' blanket and try catch them with your fishing pole.

If you are playing with friends or family, take turns fishing until all the fish are caught.

The person with the most fish wins!



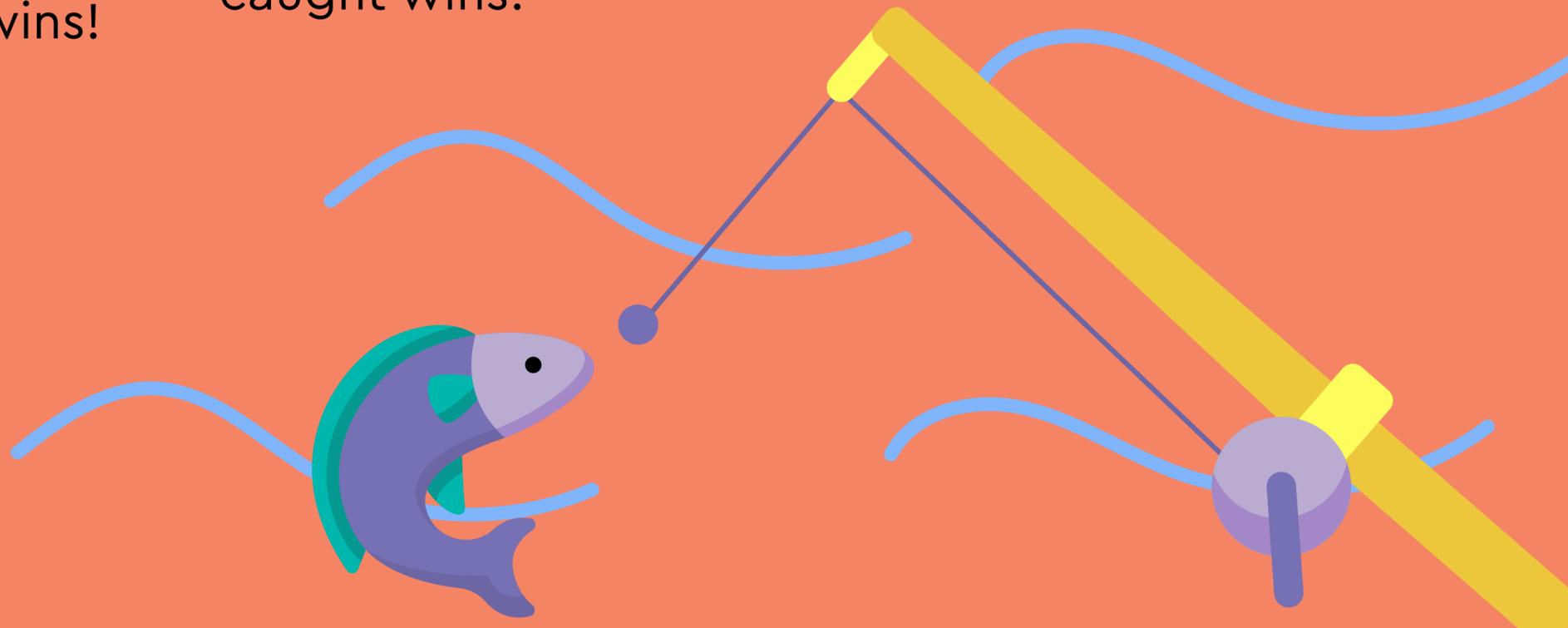
Fishy Games

Dead Fish

Select a person to be the fisher, everyone else will play the fish. Fish 'swim' around and make noise until the fisher shouts, '5, 4 3, 2, 1 - Dead fish!' All the fish must drop to the floor and be as still and quiet as they can – like dead fish. The fisher walks around and tags any dead fish that are moving or making noise. If a player is tagged they are out – the last dead fish wins! Choose a new fisher and play again!

Cross the river

One person stands in the imaginary river as the fisher, everyone else are tuna! The fisher calls out the type of fish that they want to catch, for example, "Tuna that are wearing red!" Anyone wearing red 'swims' safely across the river, while all the other tuna must try not to be caught as they cross to the other side. The fisher tries to catch as many tuna as they can by tagging the runners. Repeat until all the tuna are caught. The last tuna to be caught wins!



Sustainable Fish Food

Tuna patties

Tuna is rich in Omega-3, and contains other important minerals, proteins and vitamin B12 that are good for our brains and bodies. Make sure you use sustainable tuna in your recipe.

Ingredients:

- 425g sustainably line and pole caught tin tuna, in spring water or brine, drained
- 4 Sebago potatoes
- 1 egg
- 1 carrot, grated
- 1 celery stick, finely sliced
- Salt and pepper to taste
- Plain or gluten free flour to dust
- Oil for frying

Method:

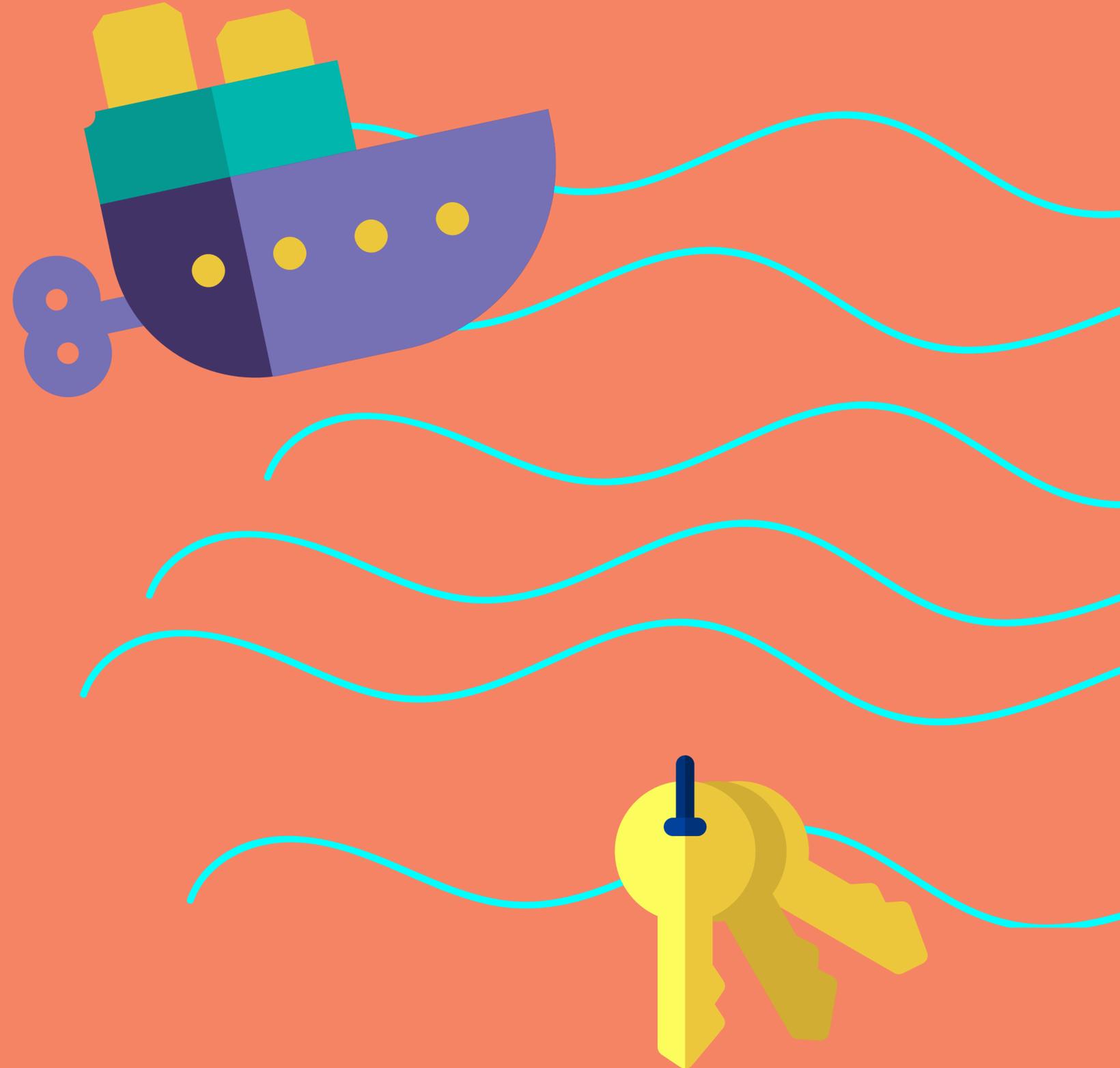
Cook the potatoes in boiling water until tender, drain and mash. In a bowl, combine the tuna, mashed potato, and egg. Stir in the carrot, celery, salt, and pepper. Lightly cover a plate in flour. Divide the mixture into portions, shape into patties and lightly coat in flour. Heat oil in a frying pan over medium heat and cook the patties for 3-4 minutes per side or until golden brown. Transfer to a plate lined with paper towel to drain.

Eat with a salad or put them in a wrap or sandwich!

More Fishy Fun

Will it float or sink?

1. Go on a journey around your house and garden collecting a range of objects, such as toy cars, utensils, leaves, sticks, rocks, sponges, recycled plastic tubs, etc. As you collect, chat about each object – what is it made of, do you think it will float or sink and why!
2. Fill a large plastic tub, the kitchen sink or bath with water (check with an adult first).
3. Taking turns, place an object one at a time into the water and discover what happens... does it float or sink?





How to

choose sustainable tuna and other seafood

- Look for 'pole and line' caught fish or sustainability accreditation labels on tinned and packaged fish at the supermarket.
- You can also ask your local fish market and restaurant if their seafood is sustainable.

Do your own research by looking at these organisations and use their handy guides and phone apps:

1. **Status of Australian Fish Stocks Report**
fish.gov.au/about
2. **Sustainable Seafood Guide**
goodfish.org.au/sustainable-seafood-guide/
3. **Your Canned Tuna Guide**
changeyourtuna.org.au

Learn More

(links to further info)

un.org/en/observances/tuna-day

goodfish.org.au

changeyourtuna.org.au

youtube.com/watch?v=6ps0truARKs

[Links to the Early Learning Framework – Belonging, Being and Becoming:](#)

Outcome 2: Children are connected with and contribute to their world:

Children become socially responsible and show respect for the environment.

Outcome 4: Children are confident and involved learners:

Children develop dispositions for learning such as curiosity, cooperation, confidence, creativity, commitment, enthusiasm, persistence, imagination and reflexivity.



Learn More

[Links to the Australian Curriculum](#)

Intercultural Understanding Levels 1-3

Recognising culture and developing respect
– explore and compare cultural knowledge, beliefs and practices

Ethical Understanding Levels 1-3

Exploring values, rights and responsibilities
– examine values; explore rights and responsibilities
Reasoning in decision making and actions
– reason and make ethical decisions

Personal and Social Capability Levels 1-3

Social awareness – contribute to civil society



Aligns with the United Nations Sustainable Development Goal 14

Conserve and sustainably use the oceans, seas and marine resources for sustainable development.

SUSTAINABLE DEVELOPMENT GOALS

ON AIR PlayUP

**Don't forget to tune
into On Air PlayUP next
Wednesday @ 10:30am
for more fun.**



Old
Parliament
House

 @OldParliamentHouse

 @MuseumofAustralianDemocracy