

ANIMAL BITES



INSIDE THIS ISSUE

WHAT'S IN A FISH FINGER?

YUMMY CHICKPEA 'TUNA' SANDWICH

HOW DO FISHES TALK?

* TONNES MORE!

FISHES FEEL

WE MAY LOOK AND ACT VERY DIFFERENTLY TO FISHES, BUT WE HAVE MORE IN COMMON THAN YOU MIGHT THINK!

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FISHES FEEL

WE OFTEN DON'T THINK ABOUT FISHES
IN THE SAME WAY AS WE DO ABOUT ANIMALS
THAT LIVE ON LAND.



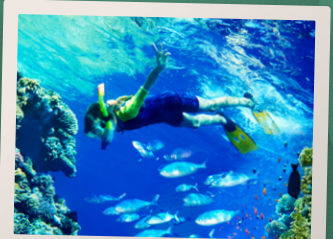
Fishes can't make facial expressions and they don't usually make sounds we can hear. That can seem strange to us. It can be hard to understand how fishes feel and what they want, By learning more about them, we can.

Fishes are different from people but people are also very different from one another. In Aotearoa we speak different languages, we look different and we enjoy different things.



KIA ORA E HOA!

Fishes are animals just like dogs, rabbits and people. We all want the same important things, but in different ways.



CAN YOU KAUKAU (SWIM) LIKE A FISH?



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FISHES CAN MAKE CLOSE FRIENDSHIPS WITH PEOPLE

Despite our differences what do you think fishes and people have in common? We all want the freedom to live our lives as we choose, to be free from pain and to be treated with kindness. We want to have fun, be with our whānau and feel safe.



TRINADAD GUPPY FISHES CHANGE COLOUR WHEN THEY ARE ANGRY

WHY DID THE FISH BLUSH?



BECAUSE IT SAW THE OCEAN'S BOTTOM



WHAT DID YOU SAY?

MOST OF US HUMANS SHARE IDEAS BY SPEAKING WORDS.
BUT THERE ARE SO MANY OTHER WAYS WE "TALK".

HOW ARE YOU?



TĒNĀ KOUTOU
KATOA



People can speak languages like Te Reo Māori and English. Some people can use their hands to form sign language, others create art to tell stories or we can touch to say hello and show emotions.



WE HONGI TO GREET OUR FRIENDS

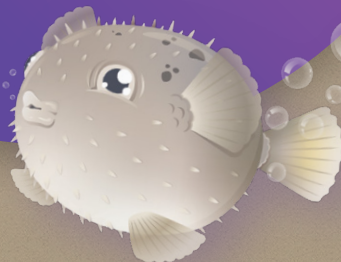


SOME FISHES MAKE SAND ART TO MAKE FRIENDS



PUFFERFISHES FLIRT BY "KISSING"

Fishes, like people, share ideas in lots of different ways. Some fishes change colour when they are angry, others dance to flirt. Some even fart with each other to make friends! Maybe fishes are more like people than we think?



Do you clap your hands to show that you are impressed, or blush when you are embarrassed?

A FISH OR A DISH?

HAVE YOU EVER WONDERED WHERE FISH FINGERS OR FISH 'N' CHIPS COME FROM? OR WHAT FISHES GET UP TO UNDER THE WATER?

RĀWARU IS A
TE REO MĀORI NAME
FOR BLUE COD



BLUE COD

Blue cod fishes can live for over 30 years and can grow as big as a cat! They have bright patterns and colours that change as they grow older. The male blue cod will make a home, living in a social group with about four of his female friends. Blue cod aren't very fast, they use their beautiful side fins instead of their tails to swim. Rather than travelling long distances, they prefer to stay with their friends at kāinga (home).

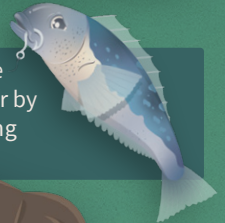


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BLUE COD ARE NOSY ABOUT THINGS NEAR THEIR HOME, THEY LIKE TO INTERACT WITH VISITING DIVERS & NIBBLE THEM!



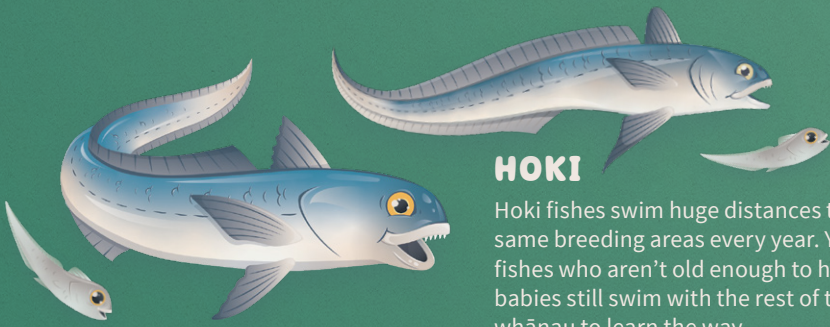
Over half a million blue cod are killed each year by everyday people fishing for 'fun'



WHAT ABOUT JUST CATCHING FISHES FOR FUN & THEN PUTTING THEM BACK IN THE SEA?

Fishes can't breathe when people take them from the water (they feel just like how we would feel, if we were underwater for too long). Hooks hurts fishes' mouths and contact with human hands damages their sensitive skin and fins. When back in the water, fishes are still very stressed and it can take days to feel calm enough swim or eat normally. Many fishes never recover from the trauma of being caught.





HOKI

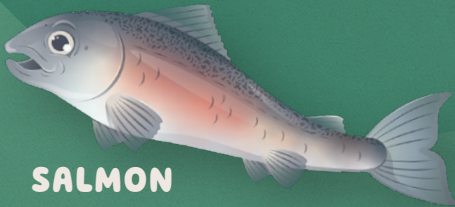
Hoki fishes swim huge distances to the same breeding areas every year. Young fishes who aren't old enough to have babies still swim with the rest of their whānau to learn the way.

Many hoki are used to make things like fish fingers. They are caught in large nets and then pulled onto boats.

The nets also trap lots of other sea life and people call these other animals 'bycatch.' The most common 'bycatch' animals in Aotearoa are seabirds, dolphins and penguins.



HOKI TRAPPED IN FISHING NET



SALMON

Salmon fishes are super smart! They change how they approach puzzles and tasks as they grow bigger, just like how we change the ways we learn and act as we grow up. Salmon are also friendly, they bond with other fishes and even people!

Adult male salmon show off to potential partners by jiggling! The females decide to have babies with the best dancer. Mother salmon dig deep holes for their eggs and guard their nests to protect their babies.

TĀMĀNA IS THE
TE REO MĀORI
NAME FOR SALMON



CROWDING MAKES SALMON VERY STRESSED



SEAS CAGES IN A FISH FARM

Some salmon live in floating sea cages called 'fish farms.' People kill salmon for their meat and use them to make things like sushi. Fish farms are very crowded. In many farms, the salmon are constantly in contact with each other and this hurts their fins and scales.

ACTIONS

SEALIFE NOT SEAFOOD

THERE ARE SO MANY YUMMY ALTERNATIVES
TO EATING FISHES, YOU COULD...

1

GIVE SOME VEGGIE SUSHI
A TRY NEXT TIME YOU
ARE AT A SUSHI PLACE
WITH YOUR FAMILY



2

HAVE A GO AT MAKING
OUR CHICKPEA 'TUNA'
RECIPE AT HOME

3

TRY FISHLESS-FISH
PRODUCTS FROM THE
SUPERMARKET



OMEGA 3 IS AN IMPORTANT NUTRIENT IN OUR DIETS

Fishes get their Omega 3
from algae and we can get
ours from plant based kai
like these.



CANOLA OIL



BROCCOLI



WALNUTS



SPINACH



TOFU

KIND KAI

Chickpea "tuna" sandwich



INGREDIENTS

- 1 tin of chickpeas
- 1/2 small red onion
- 1 celery stick
- 1 tbsp capers
- 1/2 sheet of nori (optional)
- 3 tbsp vegan mayonnaise
- 1/2 lemon, juiced
- 2 tsp wholegrain mustard
- 1 tsp garlic powder
- 1 tbsp chopped fresh parsley
- Salt and black pepper
- Bread rolls or slices of toast

METHOD

- 1 Drain and rinse the chickpeas.
- 2 Mash with the back of a fork until mushy, leaving some chunky bits.
- 3 Finely chop the red onion, celery, nori and capers.
- 4 Mix everything together (add more mayo if you like).
- 5 Season with salt and pepper.
- 6 Serve the chickpea 'tuna' in toasted bread or a warm roll.



@cupfulofkale

TASMIN FROM
CUPFULOFKALE.COM



ANIMAL SQUAD profile

GRACE (11)

FAVOURITE ANIMAL? fennec fox.



WHAT IS YOUR FAVOURITE VEGAN FOOD? Vegan muffins.

WHAT GOT YOU INTERESTED IN HELPING ANIMALS? When I first heard how cruel people have been to animals it really made me upset & so I started baking vegan foods to help raise awareness of animal cruelty.

TELL US ABOUT A KIND THING YOU HAVE DONE FOR ANIMALS. Before I buy any product, I make sure it hasn't been tested on animals.

ANYTHING ELSE YOU WANT TO SHARE? When we buy 'cruelty-free' and vegan products it helps discourage animal testing.

WANT TO FEATURE IN AN UPCOMING NEWSLETTER? HEAD TO OUR WEBSITE FOR MORE INFO!

safeanimalsquad.org.nz/profile

WANT TO TAKE ACTION FOR FISHES TOO?

Submit your action on our website or email animalsquad@safe.org.nz and You could be featured in the next issue of Animal Bites!

Check out the Action Kit on our website!



JOIN SAFE ANIMAL SQUAD

If you are 14 and under you can join for free.

When you join the Animal Squad we will send every issue of Animal Bites to your home along with extras like stickers and colouring sheets! You can also enter cool competitions to help animals and maybe win prizes!

Sign-up online at safeanimalsquad.org.nz

Animal Squad



For Animals
Ngā Kararehe Haumarū