

PLAY



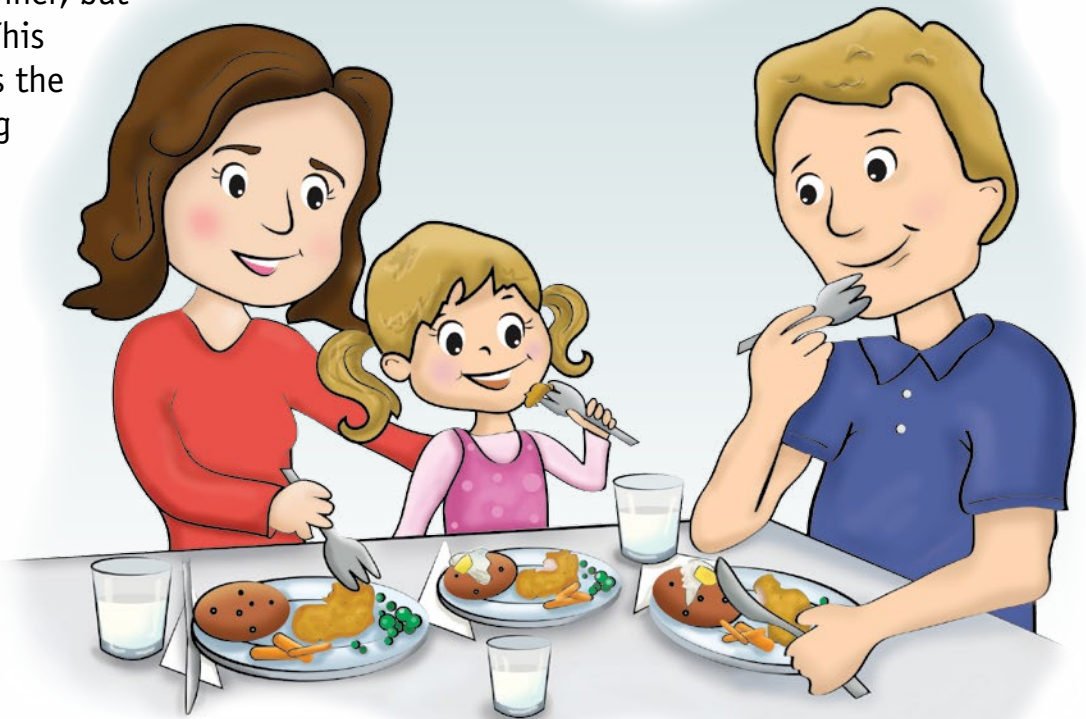
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Pennsylvania • League • of • Angling • Youth

Fish for Dinner!

So, you want to take home some wild-caught fish for dinner, but where do you begin? This *PLAY* issue will address the regulations for keeping fish, how to clean fish and ideas for cooking fish for dinner.

Why eat fish? Fish are nutritious and low in fat and high in protein. Fish provide valuable vitamins and minerals. The Omega-3 fatty acids in fish are also good for your heart.



Vocabulary *(Watch for these words!)*

- **Fish Consumption Advisory** – recommendation to limit or avoid eating certain fish species due to chemical contamination
- **Live Well** – tank on fishing boats used to keep fish alive
- **Dorsal Fin** – fin on a fish's back
- **Parasites** – organisms that live in or on a host and benefits at the host's expense
- **Stringer** – line of rope or chain which fish can be strung for transport