

## Proteins and Fats in Fish Nutrition

Name: \_\_\_\_\_ Date: \_\_\_\_\_

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### 1 Read the text

Fish need different nutrients to live and grow.

**Proteins** are important for growth and muscles.

Fish use proteins to build their body.

**Fats** are an important source of energy.

Fish use fats for swimming and staying alive, especially in cold water.

A good fish feed contains **both proteins and fats**.

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### 2 Decide: True (T) or False (F)

Sentence	T	F
1. Proteins give energy to fish.	<input type="checkbox"/>	<input type="checkbox"/>
2. Fish use proteins to build muscles.	<input type="checkbox"/>	<input type="checkbox"/>
3. Fats are important for swimming.	<input type="checkbox"/>	<input type="checkbox"/>
4. Fish need only proteins in their diet.	<input type="checkbox"/>	<input type="checkbox"/>

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### 3 Complete the table

Nutrient	Function in fish	Example (Czech)
Proteins	help fish _____	svaly / rúst
Fats	give fish _____	energie

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**4 Answer in short sentences**

1. Why are proteins important for fish?

→ \_\_\_\_\_

2. Why do fish need fats?

→ \_\_\_\_\_

*(Použij slova: growth, energy, muscles)*

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**5 Think like a fish farmer** 🧠

Zakroužkuj správnou odpověď.

A fish feed for **fast-growing fish** needs more:

- a) fats
- b) proteins

A fish feed for **high activity fish** needs more:

- a) proteins
- b) fats