

A FISH TALE



Featuring
Captain Birds Eye, his Crew
and Conor





**Two types of fish are used to make
Birds Eye Fish Fingers.**

Hoki: Caught in the deep clear waters around New Zealand. The fillets are slender and slightly pink in colour. Hoki has a delicate sweet taste and is low in fat.

Hake: Taken from the deep waters off South America. The fillets are white to yellowish in colour. Hake tastes delicious and, like Hoki, is also low in fat.



This book has been prepared by the team at Birds Eye to help parents teach their kids that fish will help them grow up strong. It's packed with protein and minerals and, of course, contains Omega-3, which aids the development of young brains. Birds Eye fish fingers are a tasty way to eat fish, and kids just love 'em. If you're interested to know more, go to Omega-3.com.au, or for tasty fish finger recipes go to Birdseye.com.au.

Meet the Captain and his Crew



Finn Chip Gill Goldie Brock



Captain Birds Eye



Conor

Toby

CONOR





There once was a boy
called Conor who
would not eat fish.

"It's good for you, and
it's yummy," said Mum.

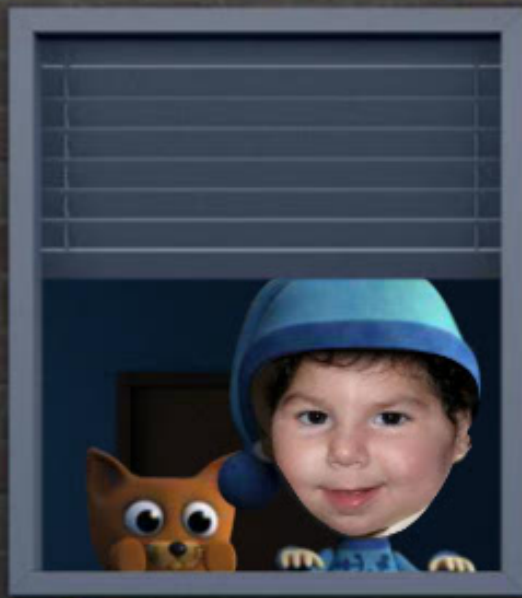
"Fish. YUK,"
Conor replied.

"You'll eat your dinner
or... or..."
Mum was lost
for words.

Dad had no such
trouble. "Or you'll
**GO TO YOUR
ROOM!"**



But this was hardly a punishment
and soon Conor had forgotten about dinner.



Then the strangest thing
appeared outside the window.

So naturally there was only one
thing Conor could do about it.





"HANG ON, TOBY,"
said Conor. "Nearly there."



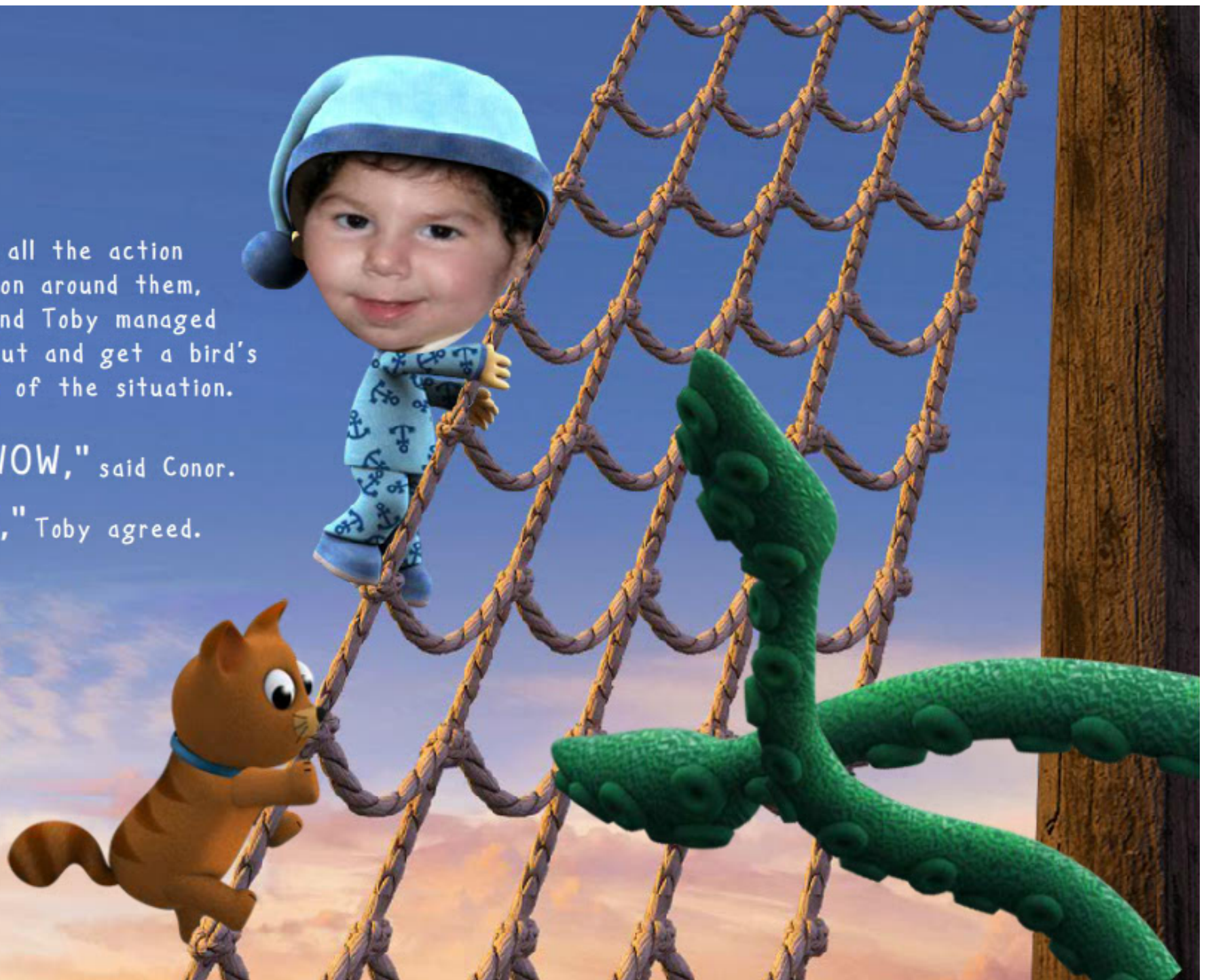
After a long night spent
hidden aboard the ship, morning
dawned on the strangest sights
Conor had ever seen.



With all the action
going on around them,
Conor and Toby managed
to sneak out and get a bird's
eye view of the situation.

"WOW," said Conor.

"MEOW," Toby agreed.





But then a dark shape lurking beneath the ship reached up with a long tentacle and snatched Conor and Toby.



"AHOY, BELOW!"

cried Goldie from up
in the crow's nest.
"Ahoy! Boy overboard."

Goldie was filled
with worry.
"Captain, I just
saw a boy get
plucked from the
rigging by a giant
SQUID."

"He must have
been a stowaway,"
said Gill.
"He'll be fish food
if we don't do
something quick."



"A giant squid?" said Captain Birds Eye.

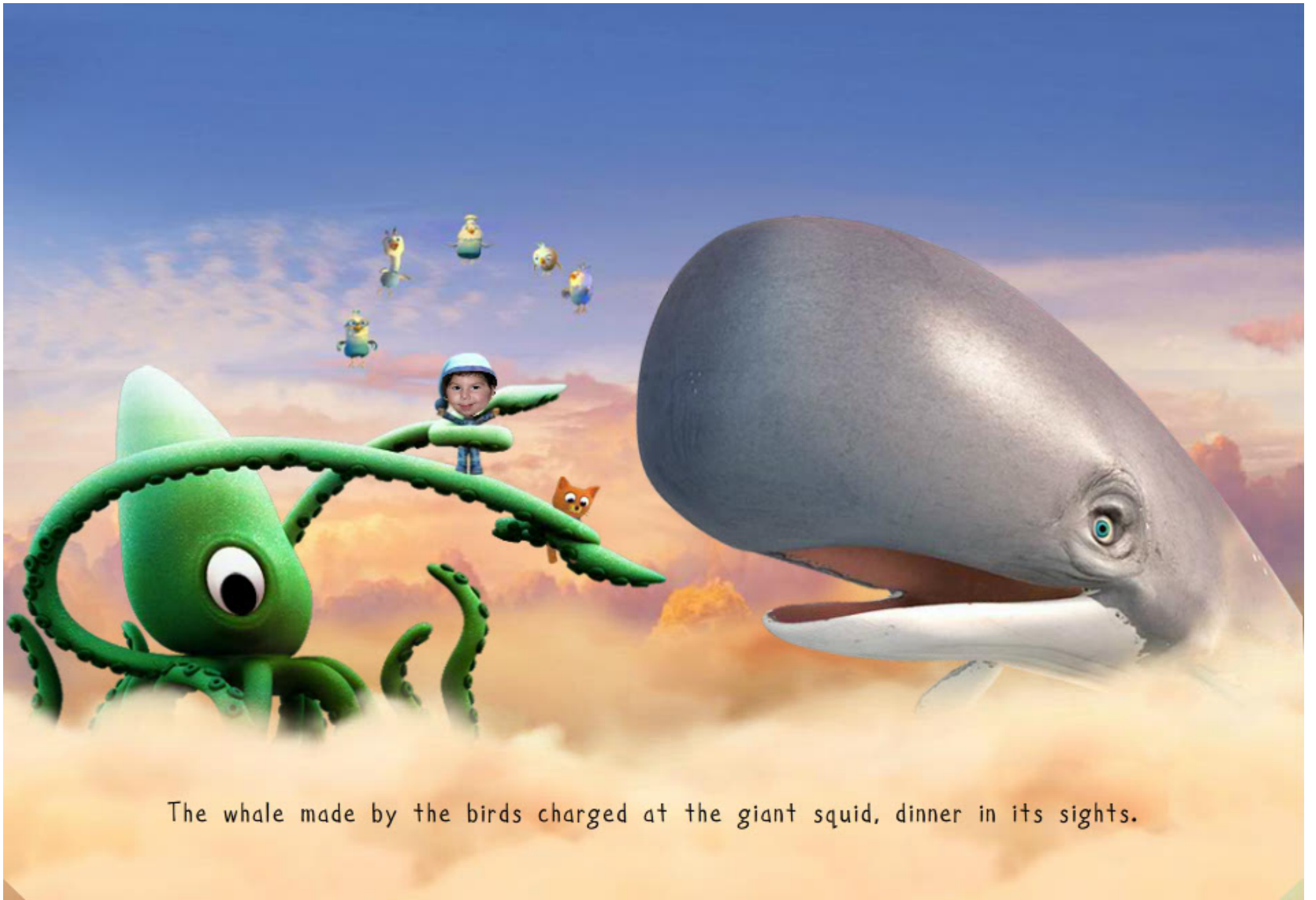
"In that case what we need is a giant **WHALE.**"



The Birds Eye birds agreed and set about
crafting one from the nearest cloud.







The whale made by the birds charged at the giant squid, dinner in its sights.

Conor and Toby were sucked into the whale's mouth.



"MMMMMMMMMMMM!"

yelled Conor.

"Can anyone see anything?" Goldie asked.

"Nothing." said Finn.

Gill shook his head.

"This looks **BAD**."

"What am I going to tell his parents?" said the Captain.



And then suddenly Conor
and Toby shot up on the
whale's water spout.

"WOOOOOOOOO HOOOOOOOOO!"





Everyone was relieved when Captain Birds Eye saved Conor and Toby and they were back on board the ship, safe and sound.



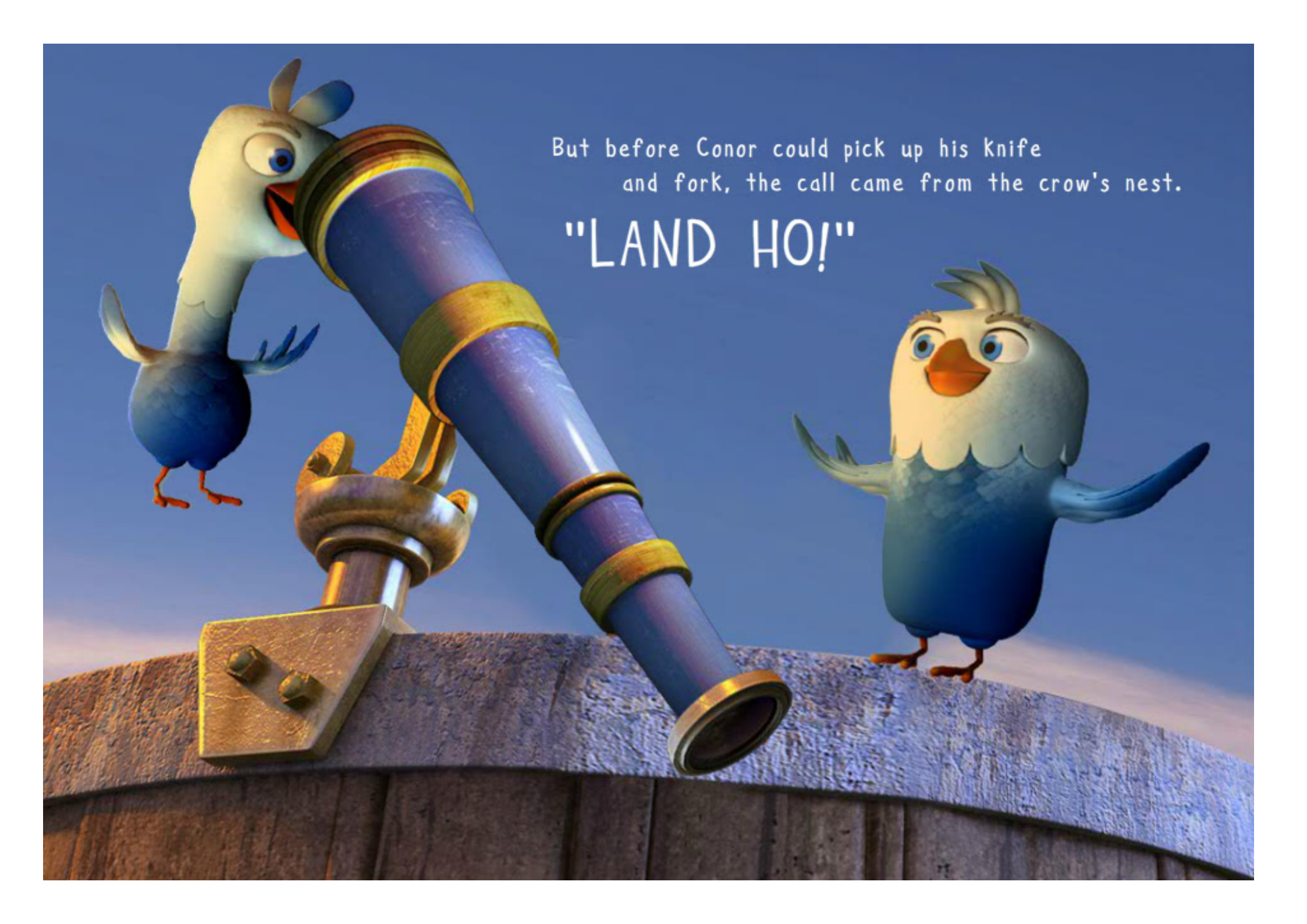
The Captain licked his lips. "Fish Fingers done just the way I like 'em."

"But I never eat fish," said Conor.

The Captain was surprised.

"No? But fish are made from fish, which tastes delicious. They're meant to be eaten."

Conor blinked. Fish made from fish. He'd never thought about it quite like that before.

A scene from an animated film featuring two cartoon birds on a stone wall. On the left, a white bird with a blue body and a large blue eye is looking through a large, purple telescope with gold bands. On the right, a smaller, rounder white bird with a blue body and a large orange beak is standing with its arms outstretched. The background is a clear blue sky. The text is overlaid on the right side of the image.

But before Conor could pick up his knife
and fork, the call came from the crow's nest.

"LAND HO!"



Conor and Toby bid their new friends goodbye
and climbed back down the anchor chain,
drawn by a familiar smell.



"MMM... YUM,"

said Conor when he found the source
of the delicious smell outside his door.



With dinner finished and night falling, Conor and Toby
could hardly keep their eyes open.

Just before drifting off to sleep, Conor murmured,
"But fish are made from fish... They're meant to be eaten..."



"And that's the tale of how Conor came to
LOVE Birds Eye Fish Fingers."



