

SOLE



**Gives us
strength to
the body!**

Common name: Sole

Scientific name: Solea Solea

Flat fish with small rectangular scales. Dark dorsal part with two eyes, one for migration, and white ventral part with the nostrils. It lives in the airy bottoms so that it hides between the sands when it feels threatened.



It lives near the coast, buried in the day sands, so as not to be hunted. In the evening he goes out to eat small shellfish.



It contains vitamins and minerals such as **phosphorus that will give us body strength** by being a component of teeth and bones.